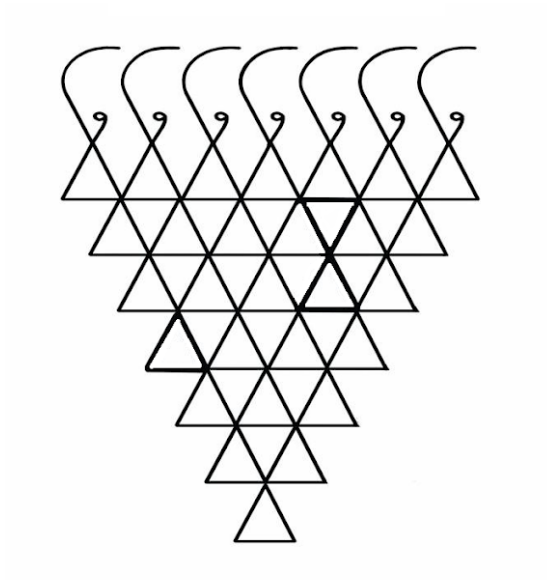
YOGA OF SOUND IS DEDICATED TO THE ANCIENT CIVILISATIONS AND OUR ANCESTORS WHO WERE CLOSER TO THE TRUTH MORE THAN I EVER WILL BE

YOGA OF SOUND

NAAD YOGA

BY NAADI



Nāda Yoga

“Yoga of sound is dedicated to the ancient civilisations and our ancestors who were closer to the truth more than I ever will be.”

By **Ankit Srivastava (Naadi)**

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Ankit Srivastava (Naadi)
Yoga of Sound
Studio
2nd floor (above tiny house cafe)
Secret waterfall road,
Upper tapovan, Rishikesh
Uttarakhand, India - 249192
yogaofsoundstudio@gmail.com

“Music is not merely a means to an end, a way to appease or ingratiate oneself with the divine. Nor is it simply a conduit for connecting with the sacred. Rather, music is an embodiment of the divine, a gift from the universe that holds immense power. It has the capacity to heal even the most shattered pieces of a person's soul, to alleviate physical ailments and promote wellness. Music has the ability to inspire individuals to adopt healthier lifestyles and bring balance to their doshas, aligning the mind, body, and spirit. Truly, music is not just a path, but it is the very essence of the divine, a transcendent force that elevates the human experience to new heights.” - Naadi

Index

Prologue

Creation of the universe

Clearing intentions

Introduction to seven chakras

Introduction to Nāda yoga

Gandharva Vidya : The Science of Music

Four levels of sound

Beats, Melodies & Harmonics

Effects of sound on plants

Effects of Sound on human

Nāda Yoga Saadhāna

Limbs of Yoga

Nāda Yoga meditation techniques

Important mantras

Bhajan, Kirtan and Sangh

Prologue

Music has long been recognised as a powerful force in human life, evoking a wide range of emotions and serving various purposes for different individuals. From relaxation to self-expression, its impact on the human experience is undeniable. However, as I discovered on my own journey, music also has the ability to heal. The practice of using sound and vibration, known as Naad Yoga, has been used for centuries by ancient cultures and is now being rediscovered by modern society.

As I delved deeper into the realm of Kundalini Yog, I began to understand the powerful potential of music to not only soothe the mind, but to also alleviate physical and emotional ailments. The use of specific frequencies and harmonics can be used to target specific areas of the body and mind, providing a holistic healing experience.

One example of this is the use of sound to alleviate cravings. In my own experience, I was able to use specific frequencies to quell the desire for a cigarette, providing a non-invasive alternative to traditional methods of addiction treatment.

I discovered that in ancient cultures such as India, the knowledge of the healing power of sound was highly revered and was passed down through generations of sages. Special beings known as Gandharvas, who were believed to possess special knowledge of sound and vibration. Unfortunately, this knowledge was lost over time as India was conquered, and it faded into obscurity, only remaining in a few closed groups of people.

During my three years of research, I not only learned about the fascinating history of Healing through sounds, but also found a way to heal myself from the trauma and symptoms of nervous disorders, using the power of sound and frequencies.

As a result of my journey, I have become increasingly passionate about the connection between music, sound, and healing. My studies in Kundalini yoga have also become more meaningful as I explore the relationship between breath and sound, furthering my

understanding of the importance of breath in the healing process.

My journey has led me to a deeper understanding of the powerful potential of music and sound to heal the body and mind. As we continue to explore the science of sound and vibration, we may discover new and innovative ways to use music as a medicine in the future.

Creation of the universe

In the beginning, the universe was brought into existence through the reverberation of sound. As the universe expanded, the celestial creator god Brahma created many things. However, he soon became overwhelmed by the trillions of things he had to contemplate every microsecond. It was then that Saraswati appeared and advised Brahma that through the light of knowledge, chaos could be transformed into order. She stated, "Right knowledge can make even gods see opportunities where there are problems and possibilities where things seem difficult."

Through Saraswati's power, Brahma was able to see further, think more clearly, comprehend more deeply and speak more eloquently. The wisdom he acquired helped him navigate the chaos and he was able to materialise elements, oceans, mountains, terrains, planets, stars, and different life-forms. The universe was filled with the sound of chanting and the vital energy of Nāda, and everything in the cosmos began to take shape.

Saraswati was the first goddess to emerge from Brahma's creation during meditation. Being the first woman, Brahma soon began to lust after her. However, Saraswati warned him that the purpose of this new essence was to elevate the spirit and not to indulge the senses. Despite her warnings, Brahma was unable to control his infatuation and continuously pursued her. In an attempt to evade him, she transformed into various forms of animals such as cows and deer, but Brahma continued to follow her.

Another celestial god, KaalBhairav, a reincarnation of Shiva, came to her rescue and severed Brahma's head. However, this act also drove KaalBhairav mad. Saraswati touched his forehead and nursed him like a child, while cursing Brahma, "Even though you will create the world, no one will worship you or have your temple on earth. You may be the creator of this universe, but you are not the owner of it. You will have to be completely detached from your

creation."

After the curse, Brahma returned to his senses and apologised for his ego that manifested during the creation process. Saraswati offered redemption through a Yagna, but pointed out that a Yagna cannot be performed without a wife. To this, Brahma pleaded for her forgiveness. Moved by his remorse, Saraswati offered to be his wife for the ritual and reminded Brahma to always be free of lust, anger, guilt, sorrow, and greed.

“She came out of the creation and personified wisdom, arts, aesthetics, morals and true knowledge. Her music could heal trees, humans, asuras, devas and helped in the process of creation.”

According to Hindu mythology, there was a battle for control of Indrasan, the seat of heaven from which all seven worlds could be controlled. The demons became stronger than the demigods, and so, under the supervision of Lord Vishnu, the world was churned. Along with the elixir of immortality, Amrit, there was also the elixir of the moon, Somras, which could make the demigods very fierce and strong against the demons. The Somras was then given under the supervision of beings called Gandharvas, who had protected it from any demonic entities trying to grab it. However, they soon became curious and refused to give it to the demigods. A Gandharva called Vishivavasu turned against the demigods. The demigods then turned to the goddess Saraswati for wisdom. She disguised herself as a young maiden, took her Veena, and went to the land of the Gandharvas. Her music was so beautiful that it hypnotised the Gandharvas, and they begged her to reveal herself. In exchange for teaching them music, Saraswati asked them to return the Somras to the demigods. The Gandharvas agreed and learned wisdom and music from the goddess. Their music was imbued with celestial melodies and had more power to intoxicate

the mind than any Somras. They were able to retain their power, and the demigods were able to keep their elixir. The Skanda Purana and Padma Purana describe how Saraswati had to reincarnate as a river on earth during the Kaliyuga to save the world from a terrible fire. Later, during the Ramayana and the Mahabharata, there were stories of her changing course and becoming underground due to disturbances caused by the writing of the Mahabharata. She was then born as a human called Bharati who was able to easily learn all Vedic scripts, arts and scriptural knowledge.

Saraswati, the goddess of knowledge and arts, is an important deity in the Hindu religion. She is the consort of Lord Brahma, the creator of the universe, and is revered as the goddess of speech, music, wisdom, and learning. She is depicted as a beautiful woman holding a Veena, which is a stringed instrument, and riding a swan or a peacock. She is also known as the goddess of the river Saraswati, which is believed to have once flowed through the northern parts of India, but is now said to be underground.

Saraswati is considered to be the mother of the Vedas, the sacred texts of Hinduism, and is believed to have originated from the cosmic sound 'Om'. She is also known as the goddess of the arts, and is said to have taught the Gandharvas, who are celestial musicians and dancers, the art of music and dance. She is also said to have taught the sage Vashisht and the sage Vishwamitra, who were known for their wisdom and knowledge. She is also said to have taught the god of love, Kama, the art of archery.

The goddess Saraswati is also associated with the power of speech, and is said to have given the power of speech to Brahma, the creator of the universe. She is also associated with the power of writing, and is said to have given the power of writing to Lord Ganesha, the god of wisdom and learning. She is also said to have given the power of speech to the god of fire, Agni, and the god of wind, Vayu.

In Hindu mythology, there are many stories associated with the goddess Saraswati. One of the most famous stories is the story of the churning of the ocean. According to this story, the gods and the

demons were once fighting for control of the elixir of immortality, Amrit. Lord Vishnu, the preserver of the universe, advised the gods to churn the ocean in order to obtain the elixir. The gods and the demons, with the help of Lord Vishnu, churned the ocean, and along with the Amrit, there came out the elixir of the moon, Somras, which could make the gods very fierce and strong against the demons. The Somras was then given under the supervision of the Gandharvas, who had protected it from any demonic entities trying to grab it. However, they soon became curious and refused to give it to the gods. The goddess Saraswati then disguised herself as a young maiden, took her Veena, and went to the land of the Gandharvas. Her music was so beautiful that it hypnotised the Gandharvas, and they begged her to reveal herself. In exchange for teaching them music, Saraswati asked them to return the Somras to the gods. The Gandharvas agreed and learned wisdom and music from the goddess.

Another famous story associated with the goddess Saraswati is the story of her reincarnation as a river on earth during the Kaliyuga. According to this story, a terrible fire broke out due to the excessive use of firearms, and it became a threat to the entire world. The gods went to Lord Shiva, who told them that only Saraswati could destroy the fire if she turned into a river. The goddess Saraswati went to Rishi Uttanka's ashram to meet Lord Shiva and listen to the gods' request. Lord Shiva handed her a pot of water and asked her to merge with a Plaksha tree high up in the Himalayas. Saraswati did so, and her fierce flow cut through the earth and made its way towards the affected area and flooded the area affected by the fire. She took all the weapons and took it to the ocean with her, therefore saving the planet.

This story also highlights the compassionate nature of the goddess. She not only saved the world from destruction but also helped in the process of healing through her celestial powers. This also shows how even though she is a goddess of knowledge, she is also a goddess of power and action.

Another notable story is how she changed her course during the

times of Ramayana and the Mahabharata. According to legend, during the times of Ramayana, the river Saraswati had changed her course and was no longer merging into Yamuna and Sutlej rivers. And after the Mahabharata, it is said that Ganesha cursed river Saraswati to become underground due to the disturbances caused during his writing of Mahabharata. This is where the river Saraswati is believed to have disappeared 4,000 years ago.

Saraswati is also known for her power to purify and liberate souls. During the time when she turned into blood for a year, it is said that demons who bathed in the water begin to attain liberation and gained Moksha. She began to also be known as Aruna from that time.

The goddess Saraswati is revered and worshipped in many parts of India. She is considered to be the patron of learning and wisdom, and is invoked by students before they begin their studies. The festival of Vasant Panchami, which marks the beginning of the spring season, is dedicated to the goddess Saraswati. On this day, people offer prayers to the goddess, and children are initiated into the world of letters by writing their first words.

Saraswati is not only a goddess of knowledge, but also a goddess of power, action, and compassion. She is revered for her wisdom, knowledge, and the power of speech, writing, and music. Her stories showcase how she helped the devas and gandharvas and also saved the world from destruction. Her presence in our life is not only to gain knowledge but also to become more compassionate and powerful. Her presence reminds us to be always free of lust, anger, guilt, sorrow and greed.

Clearing intentions

The world is currently in chaos due to an overabundance of knowledge. However, what is missing is the right knowledge. In ancient times, artists were revered and played a crucial role in the development, logistics, and divine power. However, in modern times, they are often suppressed while those with less knowledge of art are highlighted. Education has become a tool for brainwashing, and corruption is rampant.

Saraswati, a Hindu goddess of knowledge, inspires us to remain abundant with gratitude and duty even amidst chaos. The key is not to have knowledge, but to use it with the right actions and intentions, and sometimes to ignore it. This wisdom is crucial and can be scientifically measured and applied. However, when knowledge is attained without the right purpose and intention, it can become destructive. The most powerful people in the world are often the most knowledgeable, but this also makes them greedy.

Yoga is not just a set of exercises, but a way to reach the mind by relaxing the body. The goal is not to perfect yoga, but to perfect one's intentions. It is important to question why you are practicing yoga, if it is to impress others or for personal gain. The same applies to the study of sound, known as Naad Yoga. You can learn and master it, but without the right intentions, you will remain unaware of its true power.

Sound is finding its way into modern life, from creating new materials to studying the sun. However, the destructive nature of humanity may use sound as a weapon, making it essential to understand the importance of good intentions. Universities such as the University of Michigan are researching the use of sound in medicine, while Chinese scientists are experimenting with sound frequency to increase rainfall.

It is important to understand that knowledge is not the end goal, but rather the right use and intentions with that knowledge. It is crucial to question why we acquire knowledge and how it will be

used for the betterment of humanity. Only when our intentions are pure, can we truly attain and utilise knowledge to its fullest potential.

“Divine sound is the cause of all manifestation. The knower of the mystery of sound knows the mystery of the whole universe.”

The practice of sounds with Naad yoga can change your perception of the universe and enhance your overall well-being, especially if you already practice yoga. The mantra "Loka’h Samastaah Sukhino Bhavantu" which means "May all beings in the world be happy," is a powerful intention to embody as you chant it regularly. It reminds us that the happiness of the entire planet is connected to our own inner-peace.

लोकाः समस्ताः सुखिनो भवन्तु॥
Loka’h Samastaah
Sukhino Bhavantu

This is the intent mantra: May all the beings in the world be happy.

As we strive to achieve inner-peace, we open ourselves to the state where Naad practice can truly be effective. This is not just about personal gain, but about uplifting the entire world. Imagine a world where everyone is at peace, where everyone is happy. It's a world where conflicts and wars wouldn't exist, where there would be no poverty or hunger. It's a world where everyone's basic needs are met and where everyone has the opportunity to live a fulfilling life.

Naad yoga is not just about the practice of sounds, it's about the intention behind the practice. It's about using the power of sound to connect with the universe and to connect with our own inner-being.

It's about using sound to heal ourselves and to heal the world. It's about creating a ripple effect of peace and happiness that spreads far and wide.

So, take a moment to close your eyes, and as you chant this mantra, let the intention of world peace and happiness permeate your being. Allow yourself to tap into your own connection with the world and let the practice of Naad yoga change the way you see and interact with the universe.

Introduction to seven chakras

The human body is made up of various energy centers, known as chakras. These chakras are responsible for the flow of energy throughout the body and play a crucial role in maintaining physical, emotional, and spiritual well-being. There are seven major chakras in the body, each located in a specific area and associated with different aspects of our lives. In this chapter, we will explore each of the seven chakras in detail, including their location, function, and associated emotional and physical issues.

The first chakra, also known as the root chakra or Muladhara, is located at the base of the spine. It is associated with the colour red and represents our foundation, stability, and grounding. This chakra is responsible for our sense of security and our connection to the earth. When the root chakra is balanced, we feel grounded and secure in our physical body, and we have a strong sense of safety and stability in our lives. When it is blocked, we may feel anxious, fearful, or disconnected from our physical body, leading to physical issues such as lower back pain, constipation, and immune system disorders.

The second chakra, also known as the sacral chakra or Svadhisthana, is located in the lower abdomen, just above the root chakra. It is associated with the color orange and represents our emotional and sexual energy. This chakra is responsible for our ability to feel pleasure and to create and experience emotions. When the sacral chakra is balanced, we feel open and confident in our emotional and sexual lives, and we have healthy relationships. When it is blocked, we may feel emotionally numb or sexually repressed, leading to physical issues such as reproductive and urinary problems.

The third chakra, also known as the solar plexus chakra or Manipura, is located in the upper abdomen, just below the ribcage. It is associated with the color yellow and represents our personal

power and self-esteem. This chakra is responsible for our ability to take control of our lives and to assert our personal power. When the solar plexus chakra is balanced, we feel confident and in control of our lives, and we have a strong sense of self-esteem. When it is blocked, we may feel powerless or lack self-confidence, leading to physical issues such as digestive problems and diabetes.

The fourth chakra, also known as the heart chakra or Anahata, is located in the center of the chest. It is associated with the color green and represents our ability to love and to connect with others. This chakra is responsible for our ability to give and receive love and to form healthy relationships. When the heart chakra is balanced, we feel open and loving, and we have healthy and fulfilling relationships. When it is blocked, we may feel closed off or emotionally disconnected, leading to physical issues such as heart disease and lung problems.

The fifth chakra, also known as the throat chakra or Vishuddha, is located in the throat area. It is associated with the color blue and represents our ability to communicate and express ourselves. This chakra is responsible for our ability to speak our truth and to express ourselves effectively. When the throat chakra is balanced, we feel confident in our communication and we are able to express ourselves clearly. When it is blocked, we may feel unable to speak up or express ourselves, leading to physical issues such as throat infections and thyroid problems.

The sixth chakra, also known as the third eye chakra or Ajna, is located between the eyebrows. It is associated with the colour purple and represents our ability to see and understand the world around us. This chakra is responsible for our intuition and our ability to access higher levels of consciousness. When the third eye chakra is balanced, we have strong intuition and are able to access deeper levels of understanding and wisdom. When it is blocked, we may struggle with trusting our intuition or feel disconnected from our spiritual side, leading to physical issues such as headaches and eye problems.

The seventh and final chakra is the crown chakra or Sahasrara. It

is located at the top of the head and is associated with the colour white or violet. The crown chakra represents our connection to the divine and our spiritual connection to the universe. When this chakra is balanced, we feel a sense of spiritual fulfilment and a connection to something greater than ourselves. When it is blocked, we may feel disconnected from our spiritual side and experience feelings of insignificance. Physical issues such as depression and insomnia may occur when the crown chakra is blocked.

The seven chakras play a crucial role in maintaining overall well-being in the body. Each chakra is associated with specific emotional and physical issues. Maintaining balance in all seven chakras is important for overall health and well-being. This can be achieved through practices such as meditation, yoga, and energy healing.

It is important to keep in mind that the chakras are not physical entities, but rather energy centres that are believed to regulate the flow of energy throughout the body.

The modern rediscovery of sounds associated with chakras in west is known as Solfeggio scale. It is a musical scale that consists of six specific frequencies: 396 Hz, 417 Hz, 528 Hz, 639 Hz, 741 Hz, and 852 Hz. Each frequency is associated with one of the seven chakras in the human body.

The six Solfeggio frequencies are believed to have positive effects on the mind, body, and soul. For example, the 396 Hz frequency is thought to help rid trauma, fear, and guilt, while the 528 Hz frequency is said to trigger miracles and dramatic changes in people.

In recent years, three additional Solfeggio frequencies have been discovered: 174 Hz, 285 Hz, and 936 Hz. Each of these frequencies is believed to have unique healing properties. For example, the 174 Hz frequency is considered a powerful anesthesia and is ideal for alleviating pain in the physical body, while the 936 Hz frequency is said to connect you to the universe and its perfection.

One of the most well-known frequencies is the 396 Hz, which is associated with the root chakra. This low and smooth frequency is believed to help rid trauma, fear, and guilt. The root chakra is the

foundation of our energy system, and the 396 Hz frequency helps to balance this center, promoting a sense of security and grounding.

The sacral chakra is associated with the 417 Hz frequency, which is believed to activate creativity and positive change. This frequency is thought to alleviate tension and stress, allowing for increased physical mobility and a more relaxed state of being. The sacral chakra governs our sexual and creative energy, and the 417 Hz frequency helps to balance this center, promoting a sense of freedom and playfulness.

The solar chakra is associated with the 528 Hz frequency, which is responsible for miracles and dramatic changes in people. This frequency is believed to help with pain and anxiety relief, weight loss, and rewiring of the brain's neural pathways. The solar chakra governs our sense of self-worth and confidence, and the 528 Hz frequency helps to balance this center, promoting a sense of self-love and inner peace.

The world of sound frequencies is fascinating and the correlation between these frequencies and the chakras is an interesting area of study. In the world of music, different frequencies and musical keys are associated with different emotions and vibrations. The following are the sound frequencies and their association with the chakras, along with the musical instruments and keys that vibrate on these frequencies.

417 Hz Frequency - Sacral Chakra

This frequency is associated with activating creativity and positive change. It is believed to alleviate tension and stress, allowing you to free up tight joints and muscles and, in turn, increase physical mobility. The 417 Hz frequency is most associated with the sacral chakra and is in the musical key of A. Some of the instruments that vibrate on this frequency include the flute, guitar, and violin.

528 Hz Frequency - Solar Chakra

This frequency is responsible for miracles and dramatic changes in people. Sounds in this frequency help pain and anxiety relief, weight loss, and rewiring of your brain's neural pathways. The 528 Hz frequency is associated with the solar chakra and is in the musical key of C. Some of the instruments that vibrate on this frequency include the piano, harp, and violin.

639 Hz Frequency - Heart Chakra

This frequency is associated with healing and love. It's in-depth, profound, and associated with vulnerability and intimacy. The 639 Hz frequency creates the foundation for interpersonal connections and healthy relationships – little wonder it connects to the heart chakra. This frequency is in the musical key of F and is played on instruments such as the guitar, violin, and piano.

741 Hz Frequency - Throat Chakra

This frequency promotes speaking the truth and empowerment. Sounds in this frequency encourage idea generation, creative thinking, clear speaking, and self-confidence. This frequency influences the throat chakra and is in the musical key of G. Some of the instruments that vibrate on this frequency include the clarinet, saxophone, and trumpet.

852 Hz Frequency - Third-eye Chakra

This frequency triggers a higher realm of spiritual thinking. It walks you out of illusions, introducing you to reality and the true elements of your environment. 852 Hz links you to astral projections and deep dreams, bringing you closer to your true self.

This frequency resonates with the third-eye chakra and is in the musical key of A. Some of the instruments that vibrate on this frequency include the guitar, flute, and violin.

Recently, some deeper research has found additional solfeggio frequencies:

174 Hz

This frequency, considered the lowest of them all, serves as a powerful anaesthetic. It is ideal for alleviating pain in the physical body. It triggers slow and mildly soothing features, which encourage the feeling of safety, security, and firm convictions. This frequency is in the musical key of G and is played on instruments such as the cello, bass, and contrabass.

285 Hz

This frequency targets the energy house by freeing up blockages and addressing holes in your aura and opens up your chakra system.

396 Hz

The 396 Hz frequency is believed to be associated with the root chakra. This low and smooth frequency is thought to help eliminate trauma, fear, and guilt. It is believed to have a grounding effect that helps to bring stability and security to those who listen to it.

In music, the 396 Hz frequency corresponds to the musical note of G, which can be played on instruments such as the guitar, piano, and cello.

417 Hz

The 417 Hz frequency is associated with the sacral chakra. This frequency is believed to activate creativity and positive change. It is thought to relieve tension and stress, freeing up tight joints and

muscles and increasing physical mobility.

In music, the 417 Hz frequency corresponds to the musical note of A#, which can be played on instruments such as the saxophone, trumpet, and harp.

528 Hz

The 528 Hz frequency is believed to be associated with the solar chakra. This frequency is said to be responsible for miracles and dramatic changes in people. It is believed to help relieve pain, anxiety, and promote weight loss, as well as rewire the brain's neural pathways.

In music, the 528 Hz frequency corresponds to the musical note of C#, which can be played on instruments such as the flute, guitar, and piano.

639 Hz

The 639 Hz frequency is associated with the heart chakra. This frequency is believed to activate healing and love, promoting deep and profound interpersonal connections and healthy relationships.

In music, the 639 Hz frequency corresponds to the musical note of F, which can be played on instruments such as the guitar, cello, and violin.

741 Hz

The 741 Hz frequency is believed to be associated with the throat chakra. This frequency promotes speaking the truth and empowerment, encouraging idea generation, creative thinking, clear speaking, and self-confidence.

In music, the 741 Hz frequency corresponds to the musical note of B, which can be played on instruments such as the guitar, piano,

and saxophone.

852 Hz

The 852 Hz frequency is believed to be associated with the third-eye chakra. This frequency is said to trigger a higher realm of spiritual thinking, helping to guide individuals out of illusions and into reality. It is also linked to astral projections and deep dreams, bringing individuals closer to their true selves.

In music, the 852 Hz frequency corresponds to the musical note of A#, which can be played on instruments such as the trumpet, saxophone, and harp.

174 Hz

The 174 Hz frequency is considered to be the lowest of the solfeggio frequencies. It is believed to serve as a powerful anaesthetic, helping to alleviate pain in the physical body and promoting feelings of safety, security, and firm convictions.

285 Hz

The 285 Hz frequency is believed to target the energy house, freeing up blockages and addressing holes in the aura, as well as opening up the chakra system. This frequency is a common preference among energy healers.

936 Hz Solfeggio Frequency

The 936 Hz frequency is the highest of all the solfeggio frequencies. It is said to connect individuals.

Introduction to Nāda yoga

Nāda yoga is a unique and powerful form of yoga that is attributed to the Hindu goddess Saraswati. This practice is rooted in the belief that the universe was born from an ancient sound, known as Nāda. This sound is present in every living being, and can be heard under strict meditation techniques, as described in the ancient texts of Nāda yoga.

According to Hindu tradition, the world goes through four ages, or yugas, in a cyclical pattern. The current age, known as Kaliyuga, is associated with the demon Kali, who is said to control sensory pleasures and greed. It is believed that this age is characterised by a lack of spiritual awareness and a focus on materialism.

However, the practice of Nāda yoga offers a path to transcend the negative effects of Kaliyuga and connect with the deeper wisdom and spiritual power of the universe. Through the use of specific meditation techniques and the chanting of the Nāda mantra, practitioners can access the ancient sound of Nāda and tap into a higher level of consciousness.

Recently, in 2021, NASA admitted to hearing a low humming sound in interstellar space after the sounds from Voyager 1 were heard. Scientists have been speculating different ideas about the origin of this sound, with theories ranging from gas to dark matter. However, it is possible that this sound is nothing other than Nāda, the ancient sound of the universe that is present in every living being.

The practice of Nāda yoga is not just a form of spiritual practice, but also has scientific implications. Recent research has shown that the use of sound and vibration in meditation can have a profound effect on the brain and the body. Studies have shown that certain sound frequencies can alter brain waves, leading to a state of deep relaxation and a reduction of stress and anxiety.

The practice of Nāda yoga can have a positive impact on physical

health, as well. The use of specific sounds and vibrations can help to balance the body's energy centers, or chakras, and promote healing. The practice can also improve respiratory function, reduce blood pressure and enhance overall well-being.

Nāda yoga is a powerful form of yoga that offers a path to connect with the deeper wisdom and spiritual power of the universe. The practice is rooted in the belief that the universe was born from an ancient sound, known as Nāda. This sound is present in every living being, and can be heard under strict meditation techniques. Through the use of specific meditation techniques and the chanting of the Nāda mantra, practitioners can access the ancient sound of Nāda and tap into a higher level of consciousness. The recent discovery of a low humming sound in the interstellar space by NASA and the scientific evidence of the benefits of sound on the brain and body make it worth considering that this sound is nothing other than Nāda.

Once upon a time, in ancient India, there was a powerful system known as Nāda yoga. It was not just a form of yoga, but also a philosophical and medicinal system. The key concept behind Nāda yoga was that the entire universe, and all that exists within it including human beings, are made up of vibrations known as nāda.

Now, there are two types of nāda – Ahat nāda and Anahat nāda. Ahat nāda is the sound that we can hear, like the sound of a car honking or a bird chirping. But Anahat nāda, on the other hand, is the subtle inner sound that can only be heard through meditation and concentration.

But before we dive deeper into the world of Anahat nāda, let's talk about the different states of Nāda yoga. There are four types of Nāda yoga – Valikhari, Upanshu, Madhyama, and Pashyanti. Valikhari is the audible sound, the kind we all hear and use daily, like talking. Upanshu, Madhyama, and Pashyanti, on the other hand, are subtler forms of sound that can only be heard through meditation and concentration.

Now, let's talk about the 7 chakra sounds. Each chakra, or energy centre in the body, corresponds to a specific sound. Starting from

the root chakra, we have Muladhara with the sound "Lam," Svadisthana with the sound "Vam," Manipura with the sound "Ram," Anahata with the sound "Yam," Vishuddha with the sound "Ham," Ajna with the sound "Aum," and Sahasrara with no sound, but instead, listening.

But what about the seed sound? It is said that the sound of AUM includes the entire process of sound and all other sounds are included within it. Therefore, Om is called the seed sound (bija), the original sound from which all other sounds and worlds come from. This is why Om is said to represent God, Brahman, Source, Universal Consciousness. The Anahat sound can be heard at the Anahat or heart chakra. Anahat Nāda is the sound of Aum and is the primal and uncreated vibration.

In Indian Music, there are 22 music worthy Naad in between one tone and its double high tone, which are called Shruti. Some ragas like Darbari KaNāda, Khamaj, and Pooriya are found to help in defusing mental tension, particularly in the case of hysterics. Raga Malhar pacifies anger, excessive mental excitement & mental instability, Raga Jaijaivanti have also been found effective in curing mental disorders and calming the mind.

Nāda yoga was first documented in the Shurangama Sutra, which is most notably recognized as one of the main texts used in the Chán school in Chinese Buddhism. In the Sutra, it's said that enlightenment was achieved through concentration on the subtle inner sound. The Shurangama Sutra features the bodhisattva, who embodies the compassion of all Buddhas, and so this is the first significant mention of the importance of "inner sound" or anahata.

Many Nāda yogis believe that Nāda yoga is the exercise that will create a union of the mind and soul through the use of sound. This is because many yogi share the belief that sound or Nāda meditation is the most powerful path to self-realisation. Out of the five elements (also referred to as Panchmahabhuta) in Hindu philosophy, space is the most primal, which forms part of a spiritual connection to the ear, which is of course how we process sound. With that understanding, sound is the most primal experience of all

when compared to smell, taste, sight, and touch. It is also in most cases the most accurate and more precise than the others.

So, picture this. You're sitting in a quiet room, with just the sound of your breath and the gentle hum of nature outside. You close your eyes and focus on your breath. As you exhale, you chant "Lam" to activate your root chakra. As you inhale, you chant "Vam" to activate your sacral chakra. You continue this process, moving through each chakra, until you reach the crown chakra, where instead of chanting, you simply listen. You're in a state of pure bliss, feeling the vibrations of each sound resonating through your body. This is what Nāda yoga is all about.

It's not just about stretches and routines, it's about the connection between mindfulness and sound. It's about tapping into the primal vibrations of the universe and using them as a tool for self-realisation and inner peace. So the next time you hear a car honking or a bird chirping, remember that it's not just noise, it's nāda. And who knows, maybe one day you'll be able to hear the subtle inner sound of Anahat nāda and reach enlightenment.

Gandharva Vidya : The Science of Music

The combined name of dance, song and instrumental music is saṁgiita (sam + gae + kta) in ancient Indian culture. The science of music, known as gandharva vidyá, is a central theme in ancient Indian culture and is believed to have healing properties. This belief is supported by various ancient Indian texts such as the Raga Chikitsa, Gandharva Tattva, Nāda Yoga, and Sangeet Sudha.

Raga Chikitsa is an ancient Indian manuscript that describes the influence of ragas (specific sequential arrangement of certain musical notes) on physical and psychological wellbeing of a person. It suggests that life systems are sensitive to radiant energies, including acoustics, magnetic, and electromagnetic.

The Gandharva Tattva, described in the Rig Veda, refers to celestial musicians who possess the knowledge to heal ailments through music. Another 4th century BC text, also called Gandharva Tattva, gives a detailed account of the science of music.

Nāda Yoga is based on an ancient Indian metaphysical theory that suggests that the entire universe came into manifestation through Nāda (sound vibration) and that everything in the universe persists in a vibrational state of such sound frequencies (Nādas). Nāda Yoga is said to be one of the most powerful means for meditation and achieving higher consciousness.

Sangeet Sudha is an elaborate treatise on ragas authored by King Nayaka Raghunatha Nayak and his minister Govinda Dikshitar. It gives a comprehensive classification of the types of Ragas and their compounding into melas (generic melodies). It is considered one of the most important manuals on classical Indian music and serves as a guide map for musicians and also serves valuably in development of music therapy based on ragas.

The power of the divine sound is also a theme in the Jewish and Christian traditions. Genesis tells us that creation began when God spoke the words, "Let there be Light." The Gospel of John also states that sound is the author of all things, "In the beginning was the

Word, and the Word was with God, and the Word was God.. . . All things were made by him." The Gnostic manuscript known as Trimorphic Protennoia also describes the awesome powers of speech, pervading all things and latent within all of us.

Ancient Indian culture places a great importance on the science of music, known as gandharva vidyá, and its healing properties. Various ancient Indian texts support this belief and provide detailed information on the different aspects of music therapy. It is also interesting to note that the power of the divine sound is a common theme in other ancient cultures such as the Jewish and Christian traditions.

Today, music therapy is a well-established form of therapy and is used to treat a wide range of conditions such as anxiety, depression, and post-traumatic stress disorder. The principles of music therapy are based on the ancient Indian belief in the healing power of music. Music therapists use music and its elements such as rhythm, melody, and harmony to promote physical and emotional well-being.

One of the most popular forms of music therapy is the use of ragas. Ragas are specific sequential arrangements of musical notes and are believed to have a therapeutic effect on the listener. Each raga is associated with a particular mood or emotion and is used to treat specific conditions. For example, the raga "Bhairavi" is said to be calming and is used to treat anxiety, while the raga "Bhupali" is said to be energising and is used to treat depression.

Another popular form of music therapy is the use of Nāda Yoga, which focuses on the use of sound vibrations to promote physical and emotional well-being. Nāda Yoga practitioners use different sounds and vibrations to create a meditative state that is believed to have a healing effect on the listener.

The principles of music therapy have been used for centuries in ancient Indian culture and are still used today in various forms of therapy. The use of ragas, Nāda Yoga, and other forms of music therapy are based on the belief that music has the power to heal and promote well-being.

The ancient Indian science of music, saṁgiita or gandharva vidyá, holds great significance in the field of music therapy. Its principles are widely used in modern-day music therapy to promote physical and emotional well-being. The use of ragas and Nāda Yoga are just a few examples of how the ancient Indian culture has contributed to the field of music therapy. It is fascinating to see how the power of music and sound has been recognised and utilised throughout history in different cultures and continues to be used today in various forms of therapy.

The concept of a Gandharva, a celestial being associated with music and dance, has been a part of ancient Indian culture for centuries. These divine performers were believed to be the musicians and singers of the gods, and were seen as semi-divine beings with incomparable healing powers.

In Hinduism, the Gandharvas are regarded as the physicians of the gods and are known for their capricious nature. They have the power to heal, but are also capable of causing madness. The apsaras, or water nymphs, were often married to the Gandharvas and were known to be expert singers and dancers.

In Buddhism, the term Gandharva refers to a being in the intermediate state between death and rebirth, and is considered to be one of the lowest-ranking Devas in Buddhist cosmology.

Gandharva Vidyā, also known as Gandharva Tantra, is an ancient Indian science of music and performance arts that has its roots in the Vedic tradition. It is considered to be one of the oldest forms of music and dance in the world, with references to it found in the oldest Indian texts such as the Rigveda.

Gandharva Vidyā is based on the belief that music and performance arts have the power to heal and promote well-being. The Gandharvas, who are considered to be celestial musicians and performers, are believed to possess the knowledge to heal ailments through music and dance.

The science of Gandharva Vidyā is divided into two main branches: the theoretical and the practical. The theoretical branch deals with the science of music, including the study of melody,

rhythm, and harmony. The practical branch deals with the performance of music and dance, including singing, playing instruments, and choreography.

One of the key principles of Gandharva Vidyā is the use of ragas, which are specific sequences of musical notes that are believed to have therapeutic effects on the listener. Each raga is associated with a particular mood or emotion and is used to treat specific conditions. For example, the raga "Bhairavi" is said to be calming and is used to treat anxiety, while the raga "Bhupali" is said to be energising and is used to treat depression.

Gandharva Vidyā also includes the use of Nāda Yoga, which is based on the belief that the entire universe came into manifestation through Nāda (sound vibration) and that everything in the universe persists in a vibrational state of such sound frequencies (Nādas). Nāda Yoga is said to be one of the most powerful means for meditation and achieving higher consciousness.

In ancient Indian culture, the study and practice of Gandharva Vidyā was considered to be a sacred and highly respected pursuit. It was passed down through generations of musicians and performers, and was considered to be a path to spiritual enlightenment.

Today, the principles of Gandharva Vidyā continue to be used in the practice of music therapy and in the performance of classical Indian music and dance. It is considered one of the most ancient and sophisticated systems of music and performance arts in the world, and its legacy continues to be felt in the modern-day music and dance scene.

Once upon a time in ancient India, the art of music and performance was held in the highest regard. The science of Gandharva Vidyā, also known as the science of celestial musicians, was passed down through generations of musicians and performers. It was considered a sacred pursuit and a path to spiritual enlightenment.

But as time passed, India faced a series of invasions by foreign powers, including the Muslims. The ancient University of Nalanda, a centre of learning for music and the performing arts, was burned

and pillaged, destroying much of the knowledge and teachings of Gandharva Vidyā.

Artists and musicians who were once at the forefront of politics and science were now forced to convert to the religion of their conquerors. Many were forced to give up their traditional practices and adopt new forms of music and performance.

One such artist was Raja Man Singh, a renowned musician and performer in the court of the Mughal King Akbar. Despite his initial resistance to converting to Islam, he eventually gave in to the pressure and became a court musician, abandoning his traditional practices and teachings of Gandharva Vidyā.

Another was a famous courtesan named Anarkali, who was known for her exceptional singing and dancing abilities. She was also forced to convert and perform for the Mughal court, giving up her traditional practices and teachings of Gandharva Vidyā.

As these artists and musicians were forced to abandon their traditional practices, the knowledge and teachings of Gandharva Vidyā were lost. The ancient science of music and performance arts, which once held such a revered place in Indian culture, was now all but forgotten.

But despite the destruction and loss of knowledge, some still held on to the teachings of Gandharva Vidyā and continued to pass it down through generations. And as time passed, the art of music and performance once again began to flourish in India, with the principles of Gandharva Vidyā being rediscovered and embraced once more.

The story of Gandharva Vidyā is a reminder of the power of invasions to destroy and the importance of preserving cultural heritage and traditions. It also serves as a testament to the resilience of the human spirit, as the art of music and performance continued to thrive despite the attempts to eradicate it.

The Muslim invasions of India in the medieval era had a profound impact on the country's art and culture, particularly in the field of music and performance arts. Many artists, poets, and dancers were forced to convert to Islam or face death. Those who

refused to convert were often killed, and their works were destroyed, resulting in the loss of much of India's rich cultural heritage.

One such example is Amir Khusrau, a famous poet and musician of the 13th century. He was a prominent figure in the court of the Muslim ruler Alauddin Khilji, and is credited with creating a new genre of Indian music called Khayal. Despite his contributions to Indian music, he was forced to convert to Islam and his works were heavily influenced by Persian and Arabic styles.

In modern times, the influence of Western culture has led to a decline in the traditional forms of Indian music. Bollywood, the Indian film industry, has largely succumbed to Western styles, with many films featuring music heavily influenced by Western Sounds.

The ancient Egyptians were known for their architectural achievements, particularly their monumental pyramids and temples. One of the most intriguing aspects of these structures is the question of how the ancient Egyptians were able to lift and move the massive stone blocks that make up these structures.

Recent research suggests that the ancient Egyptians may have used sound vibrations to lift and move the stone blocks. The theory is that the Egyptians used a technique called "acoustic levitation" to lift the stones. This technique involves using sound waves to create a standing wave, which generates a force that can lift and move objects.

One possible explanation is that the ancient Egyptians used a technique known as "resonant frequency" to lift the stones. By striking a stone block with a specific frequency, they could create a standing wave that would resonate with the stone, causing it to levitate. The stone could then be moved by adjusting the frequency of the sound waves.

Another theory is that the ancient Egyptians used a technique known as "infrasound" to lift the stones. Infrasound refers to sound waves that have a frequency below 20 Hz, which is the lower limit of human hearing. These low frequency sound waves can create powerful vibrations that can be felt by the human body, even if

they are not heard. It is suggested that the ancient Egyptians used this technique to create vibrations that would help to loosen the soil and make it easier to move the stone blocks.

There are also some accounts that describe how the ancient Egyptians used a technique called "sonic drilling" to cut through the stones. This involves using sound waves to generate heat, which melts the stone and makes it easier to cut.

While there is still much that remains unknown about how the ancient Egyptians were able to lift and move the massive stone blocks used in their architectural structures, the theory that they used sound vibrations is an intriguing one.

Four levels of sound

The practice of Naad Yoga is said to be one of the most powerful means for meditation and achieving higher consciousness. It is based on the concept of four levels of sound: Anahata (unstruck), Ahata (struck), Pashyanti (subtle), and Para (transcendent).

The Anahata level of sound is the unstruck sound that is heard within the human body, such as the sound of the heartbeat. This level corresponds to a frequency range of 20-200 Hz.

The Ahata level of sound is the struck sound, which is heard outside the body, such as the sound of a bell or a drum. This level corresponds to a frequency range of 200-2000 Hz.

The Pashyanti level of sound is the subtle sound, which is heard within the mind. This level corresponds to a frequency range of 2000-20,000 Hz.

The Para level of sound is the transcendent sound, which is heard in a state of deep meditation. This level corresponds to a frequency range above 20,000 Hz.

There have been numerous studies and research done on the effects of sound on the human body and mind. One study found that certain frequencies of sound can have a positive effect on the nervous system, promoting relaxation and reducing stress. Another study found that different frequencies of sound can affect the brainwaves and alter the state of consciousness.

The human brain is known to respond to different frequencies of sound in different ways. For example, low frequency sounds, such as the sound of a heartbeat, have been found to have a calming effect on the brain, while higher frequency sounds, such as the sound of a bell or a drum, can stimulate the brain and increase focus and alertness.

The concept of "hearing silence" may seem like a paradox, but in Naad Yoga, it refers to the practice of listening to the stillness within the mind, which can lead to a state of deep inner peace and tranquility. It is said that by listening to the silence within, one can

tap into the transcendent level of sound and achieve a state of unity with the universe.

The effects of sound on the physical body can be quite profound. Research has shown that sound can have an impact on the body's atoms and chemistry. The practice of cymatics, which involves the visualisation of sound waves, has found that sound can create patterns and shapes that correspond to Hindu mandalas.

Sound can also be used as both a weapon and a medicine. For example, certain frequencies of sound have been found to be effective in breaking up kidney stones, while other frequencies have been used in crowd control as a non-lethal weapon.

The practice of Naad Yoga, or the yoga of sound, offers a unique perspective on the power of sound and its effects on the body, mind, and spirit. The four levels of sound and corresponding frequencies offer a valuable tool for understanding the effects of sound on the human body and mind. With further research and experimentation, the potential benefits of using sound as a medicine and tool for healing could be fully realised. The cymatics show us how sound can correspond to spiritual practices and its ability to penetrate everything. It is a reminder that sound is a powerful force in the universe and one that should be respected and understood.

It is important to note that the power of sound can also have negative effects, if not used properly. Excessive noise pollution, for example, can lead to hearing loss, stress and other health problems. Therefore, it is essential to be mindful of the sounds we expose ourselves to in our daily lives and to make an effort to surround ourselves with positive and uplifting sounds.

The practice of Naad Yoga is a powerful tool for understanding and harnessing the power of sound, and it offers many benefits for the body, mind, and spirit. It is a reminder of the importance of sound in our lives and how it can be used for healing and spiritual growth. With further research and experimentation, we can unlock the full potential of sound and its effects on the human body, mind and spirit.

The Anahata level of sound refers to the unstruck sound that is

heard within the human body. This type of sound is not created by external sources, but rather by internal processes within the body. One example of an Anahata sound is the sound of the heartbeat. This sound can be heard by placing a stethoscope on the chest, or by simply placing a hand on the chest and listening closely. The frequency range of Anahata sounds is typically between 20-200 Hz.

The Ahata level of sound refers to the struck sound, which is heard outside the body. This type of sound is created by external sources, such as the sound of a bell or a drum. When a bell is struck with a mallet, the sound waves travel through the air and are heard by the listener. Similarly, when a drum is struck with a drumstick, the sound waves travel through the air and are heard by the listener. The frequency range of Ahata sounds is typically between 200-2000 Hz.

The Pashyanti level of sound refers to the subtle sound, which is heard within the mind. This type of sound is not created by external sources, nor by internal processes within the body, but rather it is the sound that rises from the innermost self, within the mind. This sound can only be heard by a person who has attained a certain level of spiritual development and is able to enter into a state of deep meditation. The frequency range of Pashyanti sounds is typically between 2000-20,000 Hz.

The Para level of sound refers to the transcendent sound, which is heard in a state of deep meditation. This level is the highest level of sound and it is beyond the physical realm. Para sound is heard by the person who has attained the highest level of spiritual development and is able to enter into the state of deep meditative consciousness. The frequency range of Para sounds is typically above 20,000 Hz. This level of sound is considered to be the sound of the divine and is said to bring about a sense of oneness with the universe.

It is important to note that these levels of sound are not mutually exclusive and can overlap in certain cases. For example, the sound of a bell can be considered both Ahata and Pashyanti, as it is a struck sound that can also bring about a sense of inner peace and

stillness when listened to in a meditative state. Additionally, the concept of these levels of sound is based on ancient Indian philosophy and may not be recognised or defined in the same way in other cultures or belief systems.

Beats, Melodies & Harmonics

Sound is one of the most powerful forces in the universe. It can heal, it can soothe, it can excite, and it can transform. In the world of music, there are three essential elements that make up the foundation of all songs: beats, melodies, and harmonies. Each of these elements plays a crucial role in the way that music affects us, both physically and emotionally.

Beats are the steady, repeating rhythm that forms the backbone of a song. They are the pulse that propels the music forward, giving it a sense of energy and movement. In Naad Yoga, the practice of the yoga of sound, beats are used to help practitioners connect with the rhythm of their breath and the beat of their hearts. This can help to bring about a sense of inner peace and balance, as well as a sense of connection to the present moment. Beats have been an integral part of music for thousands of years, and in ancient Africa, they played a particularly important role. In many African cultures, music was not just entertainment, but also a way to connect with the spiritual world and to communicate with the ancestors. Beats were used to create a sense of rhythm and energy, and to help people connect with the natural rhythms of life.

One of the oldest instruments used for creating beats in Africa is the drum. Drums have been used in Africa for thousands of years, and they come in many different forms and sizes. Some drums, like the djembe, are played with bare hands, while others, like the doun doun, are played with sticks. Drums were used for a variety of purposes, from religious ceremonies to celebrations and even for communication.

Another ancient instrument used for creating beats in Africa is the xylophone. Xylophones are made of wooden bars that are struck with mallets to create a sound. They have been used in Africa for centuries, and they were often played at religious ceremonies and festivals. The balafon, for example, is a West African xylophone that is still played today in many traditional celebrations.

In addition to drums and xylophones, other ancient instruments used for creating beats in Africa include the kora (a stringed instrument), the mbira (a thumb piano), and the shaker (a percussion instrument made of seeds or beads).

All of these ancient instruments were used to create a sense of rhythm and energy, and to help people connect with the natural rhythms of life. They were also used in traditional ceremonies and festivals to connect with the spiritual world and to communicate with the ancestors. Today, many of these ancient instruments and traditional rhythms are still used in Africa, and they continue to be an important part of the continent's rich musical heritage.

Melodies are the series of notes that make up the main theme of a song. They are the part of the music that we remember and sing along. Melodies are often the most emotionally powerful part of a song, evoking feelings of joy, sadness, or nostalgia. In Naad Yoga, melodies are used to help practitioners connect with their emotions and express them through sound. This can help to release pent-up feelings and bring about a sense of emotional well-being. Once upon a time, in ancient civilisations around the world, music was not just a form of entertainment, but also a way to connect with the spiritual world and convey stories and emotions. Melodies, in particular, played a crucial role in this process. They were the thread that wove together the different elements of music and gave it meaning.

In ancient India, for example, melodies were an integral part of classical music, known as "ragas." These were specific melodies that were believed to evoke specific emotions and physical responses in the listener. They were used in religious ceremonies and were believed to have healing properties. The sitar, a stringed instrument, was one of the main instruments used to create these melodic ragas.

Similarly, in ancient Greece and Egypt, the lyre was a popular instrument used to create melodies. It was a stringed instrument that was played with a plectrum and was used to accompany singing and storytelling. The flute was also a popular instrument

used to create melodies in ancient China, Egypt and Greece. The flutes were made of wood or bone and were played by blowing into the end of the instrument.

As time passed, melodies continued to be an important part of music in different parts of the world. In the Western world, melodies have been used in various forms of music such as Opera, Classical, Pop and Rock. The piano, violin, guitar, and trumpet are all instruments that have been used to create beautiful and emotional melodies. Even today, in tribal communities, melodies are used to convey stories and emotions, connecting people to their roots and culture.

In all, melodies have been an integral part of music throughout history and across cultures. They have the power to evoke emotions and convey stories, making music a universal language that connects us all.

Harmonics are the additional sounds that are created when two or more notes are played at the same time. They are the subtle nuances that add depth and texture to a song. Harmonics can be used to create a sense of tension or release, depending on how they are used in the music. In Naad Yoga, harmonics are used to help practitioners connect with the different levels of consciousness and achieve a state of spiritual transcendence.

All three elements of music-beats, melodies, and harmonics-are essential to human wellness. Music has the power to heal, to soothe, and to inspire. As the famous musician and composer, Beethoven, once said, "Music is the mediator between the spiritual and the sensual life." This is why Naad Yoga is so powerful, as it uses the elements of music to help practitioners connect with their inner selves and achieve a state of inner peace and balance.

The beauty of music lies in the way it brings together beats, melodies, and harmonics to create something that is greater than the sum of its parts. Music is not just something that we listen to, it is something that we feel, and it has the power to transform our lives. Whether you are a musician or simply a lover of music, understanding the elements of beats, melodies, and harmonics can

help you to connect with the music on a deeper level, and to experience the benefits that it has to offer for human wellness.

Effects of sound on plants

Plants, trees, bacteria, and viruses all respond differently to different sounds and frequencies. According to research done by Harvard and other scientific institutions, certain frequencies can affect the growth and productivity of certain organisms. For example, algal species have been shown to respond to sound stimuli with increased cell growth and productivity.

In terms of agricultural and forest plants, different frequencies can have different effects. For example, one study found that exposing plants to low frequencies of 50-120 Hz can increase their growth and productivity. Similarly, ultrasonic vibrations of 20-100 kHz have been found to have a positive effect on plant growth and development.

It's also worth noting that plants can communicate with one another through sound as well. For example, plants have been shown to emit sound waves at relatively low frequencies, and they can also emit ultrasonic vibrations in response to stress. Additionally, plants can hear caterpillar's chewing and set up appropriate defences, and they can also hear the movement of pollinators, responding by sweetening the nectar.

In a funny way, it can be said that a plant that listens to classical music is more refined and sophisticated in its growth, compared to a plant that listens to modern music which might grow more wild and carefree.

Sound can have a profound effect on the growth and development of various organisms, and it's an area of research that is still being explored. However, the current literature suggests that different frequencies and sounds can have different effects on different organisms, and it's important to consider these factors when studying and manipulating the growth and development of plants, trees, bacteria, and viruses.

One interesting aspect of the relationship between sound and plant growth is the study of the Earth's natural sound waves.

Researchers have found that the Earth emits a range of frequencies, including infrasonic waves (below 20 Hz) and ultrasonic waves (above 20 kHz). These natural sound waves are generated by a variety of sources, including weather patterns, ocean waves, and volcanic activity.

Recent studies have shown that plants can respond to these natural sound waves in a variety of ways. For example, some plants have been found to exhibit increased growth and productivity when exposed to infrasonic waves. Similarly, other plants have been found to respond positively to ultrasonic waves.

However, it's important to note that the relationship between sound waves and plant growth is complex and not fully understood. Different plant species may respond differently to the same sound wave, and the effects of sound waves may vary depending on factors such as the intensity and duration of exposure.

One study that demonstrates the relation between sound waves and plant growth is the study of the Schumann resonance, which is the global electromagnetic resonance that exists in the Earth's "electromagnetic" cavity (the space between the Earth's surface and the ionosphere). It is caused by lightning discharges in the atmosphere, and it is found at a frequency of 7.83 Hz and its overtones. This frequency is similar to the alpha brain waves of human beings, and it has been found that plants exposed to this frequency grow taller and stronger.

The effects of sound on plants, trees, bacteria, and viruses are complex and multifaceted. While certain frequencies and sounds can have positive effects on growth and development, further research is needed to fully understand the relationship between sound and these organisms. The study of natural sound waves emitted by the Earth and their relation to the growth of plants, trees, and other organisms is a fascinating and promising area of research that has the potential to yield important insights into the natural world.

Scientists have been studying the effects of sound on agricultural plants for many years, and there have been a number of promising

findings in recent years. For example, studies have shown that certain frequencies can increase the growth and productivity of various agricultural crops.

One example of this is research on tomato plants, which found that exposing the plants to low frequency sound waves (between 50-120 Hz) led to increased growth and fruit production. Similarly, research on soybeans and rice plants has found that ultrasonic waves (between 20-100 kHz) can lead to increased growth and yield.

Another study found that different vegetable and fruits respond differently to different frequencies. For example, strawberries exposed to low frequency sound waves (between 50-60 Hz) showed an increase in the size of the fruit and the number of fruits per plant, while cucumber plants exposed to the same frequency showed no significant changes.

Another study done on different fruits and vegetables found that the growth of plants was affected by the different frequency of sound. The study showed that the growth of apple trees was affected by sound frequencies between 100-120 Hz, while the growth of lettuce was affected by sound frequencies between 50-60 Hz.

It's worth noting that while these studies provide some insight into how different plants respond to different frequencies, more research is needed to fully understand the relationship between sound and agricultural plants. Factors such as the intensity and duration of exposure, as well as the specific plant species, can all play a role in how plants respond to sound.

Scientists are finding success in using sound to improve the growth and productivity of agricultural plants. Different vegetables and fruits respond differently to different frequencies, and it's important to consider these factors when studying and manipulating the growth of agricultural plants. The study of sound frequencies on plants is a promising field, and further research will help to fully understand the relationship between sound and agricultural plants.

Effects of Sound on human

The effects of sound on human beings can be wide-ranging and complex. One area of concern is the effect of sound on the bones. Studies have shown that exposure to loud noise can lead to a condition known as "noise-induced hearing loss," which can result in damage to the bones in the inner ear. This can lead to hearing loss and tinnitus (ringing in the ears).

Sound can also have an effect on the nervous system. Research has shown that exposure to loud noise can lead to an increase in stress hormones, such as cortisol and adrenaline, which can have negative effects on the body. This can include increased blood pressure, heart rate, and muscle tension.

Sound can also affect the hormonal system. Studies have shown that exposure to loud noise can lead to a decrease in melatonin, the hormone responsible for regulating sleep-wake cycles, leading to sleep disturbances and insomnia.

Another area of concern is the effect of sound pollution on global health. Sound pollution is the excessive noise that is harmful to human health and the environment. It can cause hearing loss, cardiovascular disease, sleep disturbances and even mental health issues such as anxiety, depression, and stress. High levels of noise pollution can also affect wildlife and ecosystems, leading to the loss of biodiversity.

Sound therapy has been explored as a potential treatment for cancer and other diseases. Some research suggests that certain frequencies and types of sound can have an effect on cancer cells, and may even be able to target and destroy them.

One example of this is the work of Dr. Grigori Grabovoi, a Russian scientist who developed a method of treating cancer and other diseases using a combination of sound and vibration. According to Dr. Grabovoi, certain frequencies and combinations of frequencies can help to target and destroy cancer cells, while also promoting healing and regeneration in the body.

Another example of sound therapy being used to fight cancer is the work of Dr. Joshua Mammen, a researcher at the University of California, Berkeley. Dr. Mammen's research focuses on the use of ultrasonic waves to target and destroy cancer cells. He has developed a method of using high-frequency sound waves to create microscopic bubbles in the liquid surrounding cancer cells. These bubbles then implode, generating enough force to destroy the cancer cells.

Sound is an integral part of our daily lives, yet most of us take it for granted. But have you ever wondered about the science behind sound and how it is perceived by different organisms?First, let's define sound. In human physiology and psychology, sound is the reception of sound waves and their perception by the brain. Only waves with frequencies between about 20 Hz (infrasound) and 20 kHz (ultrasound), the range of audio frequencies, arouse an auditory perception in humans. In air at atmospheric pressure, these frequencies represent sound waves with wavelengths from 17 meters (56 feet) to 1.7 centimetres (0.67 inches).

It is important to note that different animal species have different auditory ranges. For example, ultrasounds are perceived by some animal species such as dolphins and bats, while infra-sounds are perceived by elephants, fish, and cetaceans. Additionally, many species such as frogs, birds, marine and terrestrial mammals, have developed special organs to produce and receive sounds, and they can detect the sound pressure and the vibration of the particles associated with sound with specific organs (i.e. ears) or with the entirety of the body surface (somatic hearing).

What is clear is that sound, even frequencies not audible by humans, can affect other organisms, including plants and algae. The first studies on this topic have shown that sound can influence plant growth, seed germination, and even the behaviour of certain species of algae. These findings raise important questions about the ecological relevance of sound perception and response.

It is also worth mentioning that sound, like air and light pollution, can have a negative impact on the natural world. Noise

pollution, which is the excessive or unwanted sound in the environment, can disrupt the behaviour of animals, damage their hearing, and even change the way they communicate. This can lead to a decline in population numbers and, in some cases, even extinction.

One frequency that is believed to have a particularly powerful impact on the chakras is 111 Hz. This frequency is said to resonate with the crown chakra and is believed to be the "frequency of the universe." According to some sources, many ancient temples in India and other parts of the world were designed to resonate with this specific vibration.

Chanting is another practice that is believed to have a positive impact on the chakras and overall health. Whether it is Gregorian chanting or Indian chanting, such as the repetition of mantras, it is said to promote a sense of calm and well-being, reduce stress, and even improve physical and mental health.

The sacred sounds of the East, such as the Om or Aum chant, are also said to have healing properties. They are believed to create a vibration that resonates with the chakras and can help to release negative emotions and traumas. Binaural beats, which are two different sound frequencies played simultaneously in each ear, are said to have a similar effect and can be used to promote relaxation and meditation.

Additionally, singing is also believed to create a direct vibration in the Anahata (heart chakra), which is said to bring balance and harmony to the emotions and promote overall well-being. Singing can also help to release tension and stress, boost the immune system, and enhance social connections.

Singing has been shown to have a number of positive effects on the vocal cords and lungs. For example, regular singing can help to strengthen the muscles used for breathing and improve lung capacity. This can lead to better overall respiratory function and improved endurance for singing and other activities. Singing can also help to improve the flexibility and tone of the vocal cords, which can lead to a more powerful and expressive singing voice.

Additionally, singing can have a therapeutic effect on the mind and body, promoting relaxation and reducing stress. Some studies have even shown that singing can help to improve the immune system and boost overall health and well-being.

Nāda Yoga Saadhāna

In yoga, we see the human body as made up of five koshas or layers -- annamaya kosha, manomaya kosha, pranamaya kosha, vijnanamaya kosha and anandamaya kosha.

The pranamaya kosha or energy body is very important. It contains 72,000 nadis, which are energy pathways through which energy flows throughout the body. These nadis meet each other at 114 places or centers or chakras in the human physical system, and again divide. Out of these 114, 2 centers are outside the physical body and 112 are inside the body, out of which 4 are mostly inactive. So there are 108 active energy centers left in the body. These 108 locations are equally distributed in the right and left side of the body i.e. 54 on both sides, and they are called Ida and Pingala.

The practice of Naad Yoga centers around listening to different types of sound waves and the belief that the universe began with the word, or "Shabd" Brahman, and that the sky is the first of the five elements, the word tanmatra of the sky. The initial sound is 'Om'. This sound is said to get converted into different types of sound waves as it passes through the field of other elements. The ultimate goal is rejuvenation and immortality, achieved through the awakening of certain chakras in the body, such as the Vishuddhi Chakra.

To practice Naad Yoga, one should choose a quiet place, sit on a yoga mat and play serene instrumental music. Keep your hands on the knees in Gyan Mudra, close your eyes and take a deep breath and release it slowly. Turn your attention towards the music and try not to focus on anything else. Meditate for at least 20 to 30 minutes. After this, rub your palms and place them on the eyes. Slowly open your eyes and come back to your initial state. Practice this yoga daily.

The practice of Bhramari Pranayama is often used to enhance the effects of Naad Yoga. To do this, sit in a comfortable position with

your eyes closed. Close both ears with both index fingers, then take a deep breath in and hum the sound of 'Om' while exhaling. Repeat this process for several minutes.

It is said that there are different levels of sound that can be heard in the practice of Naad Yoga. These levels include the sound of a cricket, a bean being played, a drum beat, and a conch. As you progress in your practice, you may begin to hear these sounds internally without the need to pronounce them.

The belief is that dutifulness through unattached Karma Yoga will not bind but pave the way for liberation. The ultimate goal of Naad Yoga is to rejuvenation and immortality and to gain knowledge and understanding through meditation and Nididhyasan. It's a form of yoga that can help to improve the overall well-being of the body and mind by using the power of sound and vibration.

In addition to the physical and mental benefits, Naad Yoga also has spiritual benefits. The practice of listening to the internal sound of the universe can bring a sense of peace and connection to something greater than ourselves. It can also help to develop extrasensory abilities and knowledge of the past and future.

The Upanishad "Nāda Bindu" is dedicated to the study of sound and its effects on the body and mind. It discusses the benefits of listening to sound and how it works. The practice of Naad Yoga can also be enhanced by studying this Upanishad and other texts that discuss the power of sound.

A. **Bhramari Pranayama:** This exercise is done by sitting in a comfortable position with the eyes closed. Close both ears with the index fingers and take a deep breath in. While exhaling, hum the sound of 'Om'. Repeat this process for several minutes. This exercise helps to calm the mind and improve concentration.

B. **Nāda Yoga Meditation:** This exercise involves sitting in a quiet place, preferably with instrumental music playing in the background. Focus on the sound of the music and try not to focus on anything else. Meditate for at least 20 to 30 minutes. This exercise helps to improve concentration and focus and can

bring a sense of peace and connection to something greater than ourselves.

C. **Khechari Mudra:** This exercise involves sitting in a comfortable position and using the tongue to block the passage of air through the nasal cavity. This exercise helps to improve the ability to hear internal sounds and can be used to enhance the effects of Naad Yoga.

D. **Chakra Meditation:** This exercise involves sitting in a comfortable position and focusing on each of the seven chakras in the body. Visualise each chakra as a spinning wheel and focus on the sound associated with each one. This exercise helps to balance and align the chakras and can bring a sense of balance and harmony to the body and mind.

Naad Yoga is a powerful practice that can bring physical, mental and spiritual benefits. It centers around the belief that the universe began with the word and the practice of listening to different types of sound waves. It can be enhanced by practicing Bhramari Pranayama and studying texts such as the "Nāda Bindu" Upanishad. With regular practice, one can experience rejuvenation and immortality, as well as develop extrasensory abilities and a deeper understanding of the universe.

Limbs of Yoga

Yoga is an ancient practice that originated in India over 5000 years ago. The word yoga comes from the Sanskrit word “Yuj” which means to unite or to bring together. The practice of yoga was created to help individuals reach a state of enlightenment and to unite their body, mind and spirit. In the ancient Indian text, the “Yoga Sutras of Patanjali”, the eight limbs of yoga were outlined as a guide to help individuals reach this state of enlightenment.

Introduction to Patanjali

Patanjali was a Sage and author of the “Yoga Sutras of Patanjali”. He is considered as one of the greatest yogis and is credited with systematising and codifying the practice of yoga. The text, “Yoga Sutras of Patanjali”, is a collection of 196 verses and is considered the definitive text on yoga. In the text, Patanjali outlines the eight limbs of yoga as a path to reach the ultimate goal of yoga which is Samadhi or the state of pure consciousness and enlightenment.

1. Yama (ethical codes)

The first limb of yoga is Yama, which refers to the ethical codes that one must follow in their daily life. The five codes are Ahimsa (non-violence), Satya (truthfulness), Asteya (non-stealing), Brahmacharya (celibacy) and Aparigraha (non-greediness). The purpose of following these codes is to create a harmonious society and to create an environment where individuals can practice yoga effectively.

Example of Exercise: One can practice Yama by engaging in acts of kindness, being honest in their interactions, and avoiding actions that may harm others.

2. Niyama (self-discipline)

The second limb of yoga is Niyama, which refers to self-discipline. The five codes are Saucha (cleanliness), Santosha (contentment), Tapas (austerity), Svadhyaya (self-study) and

Ishvara Pranidhana (surrender to God). The purpose of following these codes is to create a strong foundation for the practice of yoga and to cultivate a positive mindset.

Example of Exercise: One can practice Niyama by regularly cleaning their body and surroundings, cultivating contentment in their daily life, practicing self-reflection and surrendering to a higher power.

3. Asana (postures)

The third limb of yoga is Asana, which refers to the physical postures. Asana helps to strengthen the body and prepare it for meditation. There are many different types of asanas, ranging from simple stretches to complex balancing postures. The purpose of practicing asanas is to create balance in the body and to prepare the body for meditation.

Example of Exercise: One can practice Asana by performing simple stretches such as the mountain pose or the downward-facing dog.

4. Pranayama (breathing techniques)

The fourth limb of yoga is Pranayama, which refers to the breathing techniques. Pranayama helps to control the flow of breath and to regulate the energy in the body. There are many different types of pranayama techniques, including alternate nostril breathing and belly breathing. The purpose of practicing pranayama is to increase the body's energy and to create a calm and peaceful state of mind.

Example of Exercise: One can practice Pranayama by performing alternate nostril breathing classes, focusing primarily on postures and breathing exercises. While these styles of yoga can be beneficial for physical health, they may not provide the full benefits of the original practice of yoga.

5. Pratyahara (sense control)

The fifth limb of yoga is Pratyahara, which refers to the control of the senses. It involves withdrawing the mind from external

stimuli and turning inward to focus on the breath and inner sensations. The purpose of practicing Pratyahara is to develop inner awareness and to gain mastery over one's senses.

Example of Exercise: One can practice Pratyahara by focusing on the breath during meditation, or by doing a body scan meditation to become aware of sensations in the body.

6. Dharana (concentration)

The sixth limb of yoga is Dharana, which refers to concentration. It involves focusing the mind on a single point, such as the breath or a mantra, to increase mental clarity and stability. The purpose of practicing Dharana is to develop the ability to concentrate and to calm the mind.

Example of Exercise: One can practice Dharana by focusing on the breath during meditation, or by repeating a mantra during meditation to maintain concentration.

7. Dhyana (meditation)

The seventh limb of yoga is Dhyana, which refers to meditation. It involves maintaining a state of continuous and effortless concentration, where the mind is still and at peace. The purpose of practicing Dhyana is to achieve inner peace and to gain insight into the nature of reality.

Example of Exercise: One can practice Dhyana by sitting in meditation, focusing on the breath, and allowing thoughts to come and go without getting attached to them.

8. Samadhi (enlightenment)

The eighth and final limb of yoga is Samadhi, which refers to enlightenment. It is the ultimate goal of yoga and involves merging the individual consciousness with the universal consciousness. The purpose of practicing Samadhi is to achieve a state of inner peace and unity with the divine.

Example of Exercise: One can practice Samadhi by regularly engaging in the other seven limbs of yoga and developing a deep understanding of the nature of reality.

Hot yoga, power yoga, and acro-yoga are popular styles of modern day yoga that have become mainstream. These styles often emphasise the physical benefits of yoga and have less focus on the spiritual and mental aspects. While these styles can be beneficial for building strength and flexibility, they may not provide the full benefits of the traditional 8 Limbs of Yoga.

It is important to note that not all yoga teachers are well-versed in the teachings of Patanjali and the 8 Limbs of Yoga. It is important to do your research and find a teacher who has a deep understanding of the practice to get the full benefits.

The eight limbs of yoga, as described by Patanjali in his text "The Yoga Sutras," provide a comprehensive framework for a fulfilling and meaningful life. Each limb builds upon the previous one, creating a holistic approach to personal growth and development. By following the eight limbs, practitioners can cultivate physical, mental, and spiritual well-being.

The first two limbs, Yama and Niyama, focus on ethical codes and self-discipline, respectively. These limbs provide a foundation for the practice of yoga, as they encourage individuals to engage in positive behaviour and to cultivate a positive mindset. The next two limbs, Asana and Pranayama, focus on the physical practice of yoga, helping to strengthen the body and regulate the flow of breath. The final four limbs, Pratyahara, Dharana, Dhyana, and Samadhi, focus on the inner aspects of yoga, including the cultivation of concentration and meditation. By practicing all eight limbs, individuals can experience a sense of unity with the world and with their true self, leading to a state of inner peace and happiness.

While modern day yoga has become a popular form of exercise, it is important to understand its limitations. The original teachings of Patanjali and the 8 Limbs of Yoga provide a holistic approach to

wellness, incorporating physical, mental, and spiritual aspects. While modern styles of yoga may provide physical benefits, they may not provide the full benefits of the traditional practice. If you are interested in exploring the full benefits of yoga, it is important to seek out a teacher who has a deep understanding of the practice and its origins.

Nāda Yoga meditation techniques

Here are 15 techniques of Naad Meditation that utilise sound as a tool for promoting inner peace and spiritual growth:

1. Mantra meditation:

Repeated chanting of a mantra, such as "Om" or "Shanti," to quiet the mind and focus on the present moment. Mantra meditation is one of the most popular forms of Naad Meditation. It involves the repeated chanting of a chosen mantra or sound as a tool for promoting inner peace and spiritual growth.

Origins:

Mantra meditation has its roots in ancient Hinduism and Buddhism, where it was used as a way to connect with the divine and achieve spiritual liberation. In Hinduism, mantras are considered sacred sounds with the power to transform consciousness and evoke spiritual emotions.

Steps:

1. Find a quiet place where you won't be disturbed. Sit in a comfortable position, either in a chair or on a cushion on the floor.
1. Close your eyes and take a few deep breaths.
1. Choose a mantra that resonates with you. This could be a traditional Hindu mantra such as "Om" or "Shanti," or it could be a word or phrase that holds personal meaning for you.
1. Begin to repeat the mantra out loud, either silently in your mind or out loud. If you are repeating it out loud, you can chant it or sing it.

1. Continue repeating the mantra for a set amount of time, such as 10-20 minutes.
1. As you repeat the mantra, try to focus your mind on the sound and let go of any thoughts or distractions.
1. When the meditation is over, take a few deep breaths and open your eyes.

Health Benefits of Mantra meditation:

Mantra meditation has been shown to have numerous physical and mental health benefits. It has been found to reduce stress, anxiety, and depression, improve sleep quality, boost the immune system, and lower blood pressure. It can also help to calm the mind and improve concentration. Mantra meditation has also been shown to be effective in treating conditions such as insomnia, chronic pain, and addiction.

2. Nada yoga meditation:

Using sound and music to enter a meditative state and connect with the divine. Naad Yoga Meditation is a practice that involves using sound and rhythm to achieve a state of deep meditation and connection with the divine.

Origins:

This type of meditation has its roots in ancient Hindu and Sikh teachings and has been practiced for thousands of years.

Steps:

1. Find a quiet place to meditate and sit in a comfortable position.
1. Close your eyes and take a few deep breaths to calm your mind and body.
1. Begin to chant a simple mantra or sound, focusing on the vibration of the sound as it passes through your body.
1. As you continue to chant, allow yourself to become more and more absorbed in the sound, letting go of all other thoughts and distractions.
1. Maintain this state of focused attention for as long as you like, allowing the sound to guide you deeper into a state of inner peace and stillness.
1. When you are ready, gradually bring your attention back to your surroundings, feeling refreshed and rejuvenated.

Health benefits of Naad Yoga:

Naad Yoga Meditation has been found to be beneficial for a wide range of mental and physical health issues, including anxiety, depression, stress, and insomnia. It has also been shown to improve overall mental clarity and well-being. By promoting a state of deep relaxation and connection with the divine, Naad Yoga Meditation can help individuals to feel more connected, grounded, and at peace with the world.

3. Shanti mantra meditation:

Repeating the Shanti mantra or peace chant to quiet the mind

and create inner peace. The word "Shanti" means peace in Sanskrit, and the Shanti Mantra is used to promote peace and calm in the mind and body. This meditation is considered one of the simplest and most effective forms of meditation and is often used as a way to start or end a meditation session.

Origin:

The Shanti Mantra Meditation is an ancient Hindu meditation technique that originated in India thousands of years ago.

Steps to do Shanti Mantra Meditation:

1. Find a quiet and comfortable place to sit, either in a chair or cross-legged on a cushion.
1. Close your eyes and take a few deep breaths to help you relax and calm your mind.
1. Begin repeating the Shanti Mantra, either silently or out loud, focusing all your attention on the sound of the mantra.
1. Repeat the Shanti Mantra for as long as you like, allowing your mind to become completely absorbed in the sound of the mantra.
1. When you are ready to finish, take a few deep breaths, and slowly open your eyes.

Health Benefits of Shanti Mantra Meditation:

1. Reduces stress and anxiety: By focusing on the sound of the Shanti Mantra, the mind is calmed, reducing stress and anxiety.
1. Improves sleep: The repetitive and soothing sound of the Shanti Mantra helps to soothe the mind, leading to improved sleep.
1. Increases self-awareness: The focus on the sound of the mantra helps to quiet the mind, allowing for increased self-awareness.
1. Boosts immunity: By reducing stress, Shanti Mantra Meditation

helps to boost the immune system, reducing the risk of illnesses.

1. Increases overall well-being: The calming effects of Shanti Mantra Meditation promote overall well-being, reducing feelings of depression and increasing feelings of happiness.

4. Chakra meditation:

Using specific sounds or mantras to balance and align the energy centers in the body. Chakra meditation is a type of Naad meditation that focuses on balancing and aligning the energy centers in the body known as chakras. It uses specific sounds or mantras to tap into the energy of each chakra, promoting physical, mental, and spiritual well-being.

Origins:

The concept of chakras originates in Hindu and yoga tradition, where they are considered to be spinning wheels of energy located along the spine. Balancing the chakras is believed to promote physical and mental health, as well as spiritual growth.

Steps to do Chakra meditation:

1. Find a quiet, comfortable place to sit or lie down.
1. Close your eyes and take a few deep breaths to center yourself.
1. Begin to focus on the first chakra, located at the base of the spine. Visualise a red spinning wheel of energy.
1. Repeat a mantra or sound specific to the first chakra, such as "Lam" or "Om."
1. Move your focus up to the next chakra, visualising a spinning wheel of energy in a different colour and repeating a different mantra or sound.
1. Continue this process for each of the seven chakras, from the

base of the spine to the crown of the head.

1. Spend a few minutes at the crown chakra, allowing the sounds and energies to settle and integrate.
1. Open your eyes and take a few deep breaths, feeling refreshed and balanced.

Health Benefits of chakra meditation:

1. Improved physical and mental health, including reduced stress and anxiety, increased energy and vitality, and improved sleep.
1. Balancing of the endocrine system, promoting healthy hormone levels.
1. Increased mental clarity and focus, reducing symptoms of depression and anxiety.
1. Improved immune system function.
1. Enhanced spiritual growth and connection with the divine.

5. Bhajan meditation:

Singing devotional songs to evoke spiritual emotions and connect with the divine. Bhajan Meditation is a form of Naad Meditation that involves singing devotional songs to evoke spiritual emotions and connect with the divine. This form of meditation is rooted in Hinduism and has been practiced for centuries as a way to quiet the mind, open the heart, and elevate the spirit.

Origins:

Bhajan meditation has its roots in Hinduism and is considered a devotional practice that connects the individual with the divine. The word "bhajan" comes from the Sanskrit word "bhaja" which means "to worship" or "to sing." The practice of Bhajan meditation is said to have originated in ancient India and was used as a way to

invoke the presence of the divine through the power of music and song.

Steps for Bhajan Meditation:

1. Choose a quiet and peaceful environment: Find a quiet and peaceful place where you can sing without any distractions.
1. Get comfortable: Sit or stand in a comfortable position with your back straight and your eyes closed.
1. Choose a devotional song: Choose a song that resonates with you and has a spiritual or devotional meaning.
1. Start singing: Start singing the devotional song, focusing your attention on the lyrics and the music.
1. Connect with the divine: As you sing, allow your heart to open and allow yourself to connect with the divine.
1. Continue singing: Continue singing until you feel a sense of peace and inner calm.
1. Finish the meditation: When you feel ready, slowly come out of the meditation and return to your everyday life.

Health Benefits of Bhajan Meditation:

1. Reduces stress and anxiety: Singing devotional songs has been shown to reduce stress and anxiety levels by releasing endorphins and promoting a sense of relaxation.
1. Increases mindfulness: Bhajan meditation helps to increase mindfulness and focus on the present moment, reducing stress and promoting inner peace.
1. Boosts the immune system: Singing has been shown to stimulate the immune system, making it a powerful tool for maintaining overall health and wellness.
1. Promotes emotional healing: Bhajan meditation can help to release pent up emotions, promoting emotional healing and a sense of inner peace.
1. Improves cardiovascular health: Singing can improve

cardiovascular health by increasing blood flow, reducing blood pressure, and improving heart function.

6. Gong meditation:

lying down and listening to the sounds of gongs to induce a deep state of relaxation. Gong Meditation is a type of sound meditation that involves listening to the sounds of gongs to induce a deep state of relaxation. This technique is based on the idea that sound vibrations can help to balance the energy centers in the body and promote mental and physical wellness.

Origins:

Gong Meditation has roots in various spiritual and cultural traditions, including Hindu, Buddhist, and Taoist practices. The use of gongs for meditation dates back thousands of years, and has been a part of spiritual and cultural ceremonies in many parts of the world.

Steps:

1. Choose a quiet and comfortable place to lie down, either on the floor or on a mat.
1. Lie down comfortably, with your arms at your sides and your eyes closed.
1. Listen to the sounds of the gong as they fill the room. Allow yourself to fully immerse in the sound and let it wash over you.
1. Pay attention to your body and focus on any sensations or feelings that arise.
1. Breathe deeply and slowly, allowing your body to fully relax.
1. Continue to listen to the gong for as long as you like, or until you feel fully relaxed and at peace.

Health Benefits:

Gong Meditation has been shown to have numerous benefits for mental and physical health. Some of the benefits include:

1. Reducing stress and anxiety
1. Promoting relaxation and reducing muscle tension
1. Improving sleep quality
1. Boosting the immune system
1. Improving mental clarity and focus
1. Balancing the energy centers in the body, known as chakras.

7. Drumming meditation:

Playing a drum or other percussive instrument to tap into rhythm and create a meditative state. Drumming meditation is a technique that involves playing a drum or other percussive instrument to tap into rhythm and create a meditative state. This type of meditation uses sound and rhythm to help quiet the mind, release emotions, and promote relaxation.

Origins:

The origins of drumming meditation can be traced back to various indigenous cultures and spiritual traditions around the world, where drumming has been used for thousands of years as a way to connect with the divine, release emotions, and promote healing. In modern times, drumming meditation has become a popular form of stress relief and spiritual growth.

Steps for Drumming Meditation:

1. Choose a drum or other percussive instrument that you feel drawn to.
1. Find a quiet, comfortable place to sit or lie down.

1. Start by tapping the drum gently and gradually increasing the intensity of your playing.
1. Focus on the rhythm and let your thoughts and emotions flow freely.
1. Continue playing for as long as you feel comfortable, or until you feel a deep sense of relaxation and peace.
1. When you are finished, take a few deep breaths and slowly return to your everyday state of mind.

Health Benefits of Drumming Meditation:

1.
1. Reduces stress and anxiety: The repetitive nature of drumming and the focus on rhythm can help calm the mind and reduce feelings of stress and anxiety.
1. Improves mood: Drumming has been shown to release endorphins, which are natural mood boosters, and promote feelings of happiness and well-being.
1. Boosts immune system: Research has shown that drumming can help increase immune function and promote physical healing.
1. Promotes emotional release: Drumming can help release pent-up emotions and feelings, promoting emotional healing and growth.
1. Improves sleep: The deep relaxation achieved through drumming can improve sleep quality and help combat insomnia.

8. Singing bowl meditation:

Striking and playing singing bowls to create vibrations and harmonise the mind and body. Singing Bowl Meditation is a form of sound therapy that uses singing bowls to create vibrations and harmonize the mind and body. It is considered a form of Naad Meditation, which uses sound as a tool for promoting inner peace

and spiritual growth.

Origins:

The origin of singing bowl meditation can be traced back to ancient Tibetan Buddhist culture, where singing bowls were used for spiritual practice and meditation. Singing bowls were also used for healing purposes and to create a harmonious environment for meditation and spiritual practices.

Steps for Singing Bowl Meditation:

1. Choose a comfortable and quiet space for your meditation.
1. Sit or stand in a relaxed and upright position, with your hands resting on your knees.
1. Hold the singing bowl in your dominant hand, or place it on a cushion or mat in front of you.
1. With the mallet or striker, gently tap the rim of the singing bowl to start the vibrations.
1. Gradually increase the intensity of the tapping, until the bowl is ringing loudly and steadily.
1. Focus on the sound of the singing bowl, allowing it to fill your mind and body.
1. Continue listening to the sound of the singing bowl until it fades away naturally.
1. Take a few deep breaths and return to your normal state of consciousness.

Health Benefits of Singing Bowl Meditation:

1. Reduces stress and anxiety: Singing bowl meditation helps to calm the mind and reduce stress levels, promoting a sense of relaxation and peace.
1. Improves sleep: Regular singing bowl meditation can help to

improve sleep quality and reduce insomnia.

1. Increases mindfulness: Singing bowl meditation helps to promote mindfulness and focus, allowing you to be more present in the moment.
1. Boosts immune system: The vibrations created by singing bowls can stimulate the immune system and help to promote overall health and well-being.
1. Alleviates physical pain: The vibrations from singing bowls can help to reduce physical pain, including headaches, migraines, and chronic pain.

Singing Bowl Meditation is a powerful form of Naad Meditation that utilizes the soothing sounds of singing bowls to promote inner peace and spiritual growth. Whether you are new to meditation or an experienced practitioner, singing bowl meditation is an effective way to connect with your inner self and experience the healing power of sound.

9. Toning meditation:

Making intentional sounds with the voice to release emotions and clear energy blockages. Toning Meditation is a powerful tool for releasing emotions and clearing energy blockages. It involves making intentional sounds with the voice to create vibrations that resonate throughout the body. This form of meditation has roots in various spiritual and cultural traditions and has been practiced for centuries as a means of promoting physical and emotional wellness.

Origins:

The origins of toning meditation can be traced back to various spiritual and cultural traditions, including Hinduism, Buddhism, and Native American spirituality. In Hinduism, toning is considered a way to connect with the divine and is often used in conjunction with mantra chanting. In Buddhism, toning is used to release

negative emotions and cultivate mindfulness and concentration. In Native American spirituality, toning is used in ceremony and ritual as a means of connecting with the spirit world.

Steps for Toning Meditation:

1. Find a quiet place where you will not be disturbed. Sit or lie down in a comfortable position.
1. Begin by taking a few deep breaths and letting go of any distractions or worries.
1. Close your eyes and focus on your breath. Take a deep breath in and hold it for a few seconds.
1. On the exhale, make a simple sound with your voice, such as "Aah." Allow the sound to resonate in your body.
1. Repeat the toning for several minutes, allowing yourself to relax into the vibrations of the sound.
1. When you feel ready, gradually bring the meditation to a close by taking a few deep breaths and opening your eyes.

Health Benefits of Toning Meditation:

1. Releases emotions and reduces stress and anxiety
1. Improves overall well-being and reduces symptoms of depression
1. Boosts the immune system and improves physical health
1. Helps to clear energy blockages and improve the flow of energy in the body
1. Promotes a sense of inner peace and relaxation.

10. Didgeridoo meditation:

Playing the didgeridoo to create deep, rhythmic sounds and promote relaxation. Didgeridoo meditation is a unique technique

that utilises the deep, rhythmic sounds of the didgeridoo to induce a state of relaxation and promote overall well-being. The didgeridoo is an ancient wind instrument originating from Australia that is traditionally made from a eucalyptus branch or trunk. It is considered a healing tool and has been used for thousands of years by Indigenous people for spiritual and cultural ceremonies.

Origins:

Didgeridoo meditation has its roots in the traditional spiritual practices of Indigenous people in Australia. The instrument has been used for thousands of years to promote inner peace and connect with the divine. The deep, rhythmic sounds of the didgeridoo have a calming effect on the mind and body, making it an effective tool for meditation.

Steps for Didgeridoo Meditation:

1. Find a quiet, comfortable place to sit or lie down where you won't be disturbed.
1. Hold the didgeridoo in a comfortable position, either seated or lying down.
1. Start playing the didgeridoo, using long, deep breaths to create continuous, rhythmic sounds.
1. Focus on the sound and allow it to fill your mind and body.
1. Continue playing for as long as you feel comfortable, allowing yourself to sink deeper and deeper into a state of relaxation.

Health Benefits of Didgeridoo Meditation:

1. Reduces stress and anxiety: The deep, rhythmic sounds of the didgeridoo have a calming effect on the mind and body, helping to reduce stress and anxiety.

1. Improves sleep: Didgeridoo meditation can help improve sleep by promoting relaxation and reducing stress levels.
1. Boosts immune system: The vibrations created by the didgeridoo have been shown to stimulate the immune system, helping to improve overall health and well-being.
1. Increases mindfulness: By focusing on the sound of the didgeridoo, didgeridoo meditation can help increase mindfulness and promote a deeper connection with the present moment.
1. Promotes relaxation: The deep, rhythmic sounds of the didgeridoo have a calming effect on the mind and body, helping to promote relaxation and reduce muscle tension.

11. Chant meditation:

Singing or chanting along with a group to create a sense of community and connection. Chant Meditation is a form of meditation that involves singing or chanting along with a group. The practice creates a sense of community and connection, allowing individuals to harmonize their voices and energy, thereby promoting inner peace and spiritual growth.

Origins:

The origin of chant meditation can be traced back to various cultures and spiritual traditions, including Hinduism, Buddhism, and indigenous spiritual practices. It is believed that chanting with others amplifies the effects of the mantra, and creates a shared energy field that helps to heal and uplift those involved.

Steps for Chant Meditation:

1. Find a group or community to chant with, or create one with friends or family.
1. Choose a chant or mantra that resonates with you and has a positive meaning.
1. Find a quiet and comfortable place to sit or stand.
1. Close your eyes and take a few deep breaths to calm and center yourself.
1. Begin to chant the mantra or song, allowing the sound to flow through you.
1. Keep repeating the chant until you feel fully immersed in the experience.
1. When you feel complete, take a moment to reflect and journal about your experience.

Health Benefits of Chant Meditation:

1. Reduces stress and anxiety by calming the mind and reducing tension in the body.
1. Boosts immunity by reducing the production of stress hormones and promoting the flow of positive energy.
1. Enhances creativity by promoting flow state and improving brain function.
1. Increases self-awareness and consciousness by promoting introspection and mindfulness.
1. Improves mental and emotional well-being by releasing negative emotions and promoting positive energy.
1. Fosters a sense of community and connection, promoting social bonding and reducing loneliness.

12. Kirtan meditation:

Singing devotional songs with musical accompaniment to evoke spiritual emotions and connect with the divine. Kirtan meditation is

a spiritual practice that involves singing devotional songs with musical accompaniment. It is a form of Bhakti yoga, or the yoga of devotion, and is considered one of the most powerful ways to connect with the divine. The purpose of Kirtan meditation is to evoke spiritual emotions, experience a sense of unity, and connect with the divine through music and song.

Origins:

Kirtan meditation has its roots in the Hindu tradition, particularly in the Bhakti movement, which dates back to the 15th century. Bhakti yoga is a path of devotion to the divine and emphasizes the surrender of the ego and the heart's devotion to the divine. Kirtan meditation is considered a way to purify the mind and cultivate devotion to the divine, and it is said to bring the practitioner closer to spiritual liberation.

Steps for Kirtan Meditation:

1. Find a quiet, comfortable place to sit or stand where you won't be disturbed.
1. Begin by setting an intention for your practice. This could be a desire for inner peace, connection with the divine, or any other personal intention.
1. Choose a devotional song or chant that resonates with you. This could be a traditional Hindu hymn or a modern Kirtan song.
1. Begin singing or chanting along with the song. Allow yourself to get caught up in the rhythm and the words, letting go of any distractions or thoughts.
1. As you sing, focus on the intention you set at the beginning of your practice. Allow yourself to sink into the music and let it

carry you into a state of deep relaxation and inner peace.

1. When you feel ready, slowly come back to the present moment, taking a few deep breaths and allowing any lingering emotions or sensations to dissipate.

Health Benefits of Kirtan Meditation:

1. Reduces Stress and Anxiety: Singing and chanting in a group setting has been shown to reduce stress and anxiety and promote a sense of inner peace.
1. Improves Emotional Well-being: Kirtan meditation can evoke deep emotional responses, which can lead to a sense of emotional release and catharsis.
1. Boosts Immune System: The vibrations produced by singing and chanting have been shown to have a positive effect on the immune system, promoting healing and wellness.
1. Promotes Mind-Body Connection: Kirtan meditation requires the use of both the mind and body, promoting a deep mind-body connection and a sense of overall well-being.
1. Increases Positive Energy: The positive energy generated by singing and chanting in a group can help to create a sense of community and increase feelings of happiness and joy.

13. Shabd meditation:

Listening to sacred hymns or chants to promote inner peace and spiritual growth. Shabd Meditation is a type of Naad Meditation that utilizes sound and sacred hymns or chants to promote inner peace and spiritual growth. This practice is deeply rooted in Hinduism and Sikhism and is considered a powerful tool for connecting with the divine and promoting spiritual development.

Origins:

Shabd Meditation has its roots in Hindu and now in Sikh spiritual traditions, where it is used as a way to connect with the divine and promote inner peace and spiritual growth. The practice of listening to sacred hymns or chants has been used for thousands of years to evoke spiritual emotions and to promote a sense of connection and unity with the divine.

Steps for Shabd Meditation:

1. Find a quiet and comfortable place to sit where you will not be disturbed.
1. Sit in a comfortable and relaxed position, keeping your back straight and your eyes closed.
1. Start by taking a few deep breaths and focusing on your breath.
1. Begin listening to a sacred hymn or chant of your choice, allowing the sound to fill your mind and body.
1. Focus on the sound and let it carry you into a meditative state.
1. Continue listening to the shabd for as long as you feel comfortable, allowing the sound to connect you with the divine.
1. When you feel ready, slowly open your eyes and return to the present moment.

Health Benefits of Shabd Meditation:

1. Promotes inner peace and calmness
1. Reduces stress and anxiety
1. Improves focus and concentration
1. Enhances spiritual growth and connection with the divine
1. Supports overall well-being and emotional balance.

14. Naad Brahma meditation:

Listening to the sound of silence to connect with the ultimate

reality. Naad Brahma Meditation is a form of meditation that uses the sound of silence to connect with the ultimate reality. This technique is based on the Hindu belief that the sound of silence, or "Anahata Nada," is the sound of the universe and holds the key to ultimate truth and self-realization.

Origins:

Naad Brahma Meditation has its roots in Hindu philosophy and the belief in the power of sound. The concept of Anahata Nada is found in the ancient Hindu scriptures and is considered to be the sound that exists beyond the physical world. According to Hindu belief, this sound can only be heard by those who have reached a high level of spiritual development and can be used to connect with the ultimate reality.

Steps for Naad Brahma Meditation:

1. Find a quiet and peaceful place to sit and meditate.
1. Sit comfortably with your eyes closed and your back straight.
1. Focus on your breath and bring your attention to your inner self.
1. With each inhale, visualize yourself being filled with divine light and with each exhale, imagine all your thoughts and worries being released.
1. Once you have established a calm and relaxed state of mind, begin to listen to the sound of silence.
1. Focus on the sound of silence, and allow it to guide you deeper into meditation.
1. Remain in this state of awareness for as long as you feel comfortable, allowing the sound of silence to fill your being.
1. When you are ready to come out of meditation, slowly open your eyes and return to your normal state of consciousness.

Health Benefits of Naad Brahma Meditation:

1. Reduces stress and anxiety
1. Improves concentration and focus
1. Promotes inner peace and harmony
1. Enhances spiritual awareness and connection with the divine
1. Boosts self-confidence and self-esteem.

15. Japa meditation:

Repeating a mantra silently or out loud to focus the mind and promote inner peace. Japa meditation is a type of meditation that involves the repetition of a mantra, either silently or out loud. The word "japa" comes from the Sanskrit language and means "to repeat." Japa meditation is a form of concentration meditation, where the focus is on the repetition of the mantra. This type of meditation has been practiced for thousands of years and is considered one of the most effective techniques for promoting inner peace and reducing stress.

Origins:

Japa meditation has its roots in Hinduism and is considered to be one of the oldest forms of meditation. It is mentioned in the Upanishads, ancient Hindu texts, as a means of attaining inner peace and union with the divine. Japa meditation was also practiced by the ancient sages and ascetics in India as a way of attaining spiritual growth and liberation from the cycle of birth and death.

Steps for Japa Meditation:

1. Choose a mantra: Choose a mantra that resonates with you. A

mantra can be a word or phrase in any language, but the most commonly used mantra in Japa meditation is "Om" or "Aum."

1. Find a quiet place: Find a quiet place where you can sit comfortably and undisturbed. You can sit on a chair or cushion with your back straight.
1. Close your eyes: Close your eyes and take a few deep breaths to calm your mind and body.
1. Repeat the mantra: Begin repeating the mantra, either silently or out loud, as you inhale and exhale. You can use a mala, or prayer beads, to keep track of the number of times you repeat the mantra.
1. Focus on the mantra: As you repeat the mantra, focus your mind on its meaning and the sound of the words. If your mind wanders, simply bring it back to the mantra.
1. Continue for 10-15 minutes: Continue repeating the mantra for 10-15 minutes, or for as long as you feel comfortable.

Health Benefits of Japa Meditation:

1. Reduces stress and anxiety: Japa meditation has been shown to be an effective way to reduce stress and anxiety. The repetitive nature of the meditation helps to calm the mind and promote relaxation.
1. Improves concentration: Japa meditation helps to improve concentration and focus by training the mind to stay focused on a single point.
1. Promotes inner peace: The repetitive nature of Japa meditation helps to quiet the mind and promote inner peace.
1. Increases self-awareness: By repeating the mantra and focusing on its meaning, Japa meditation can increase self-awareness and help you gain a deeper understanding of yourself.
1. Boosts immune system: Japa meditation has been shown to boost the immune system, which can help to prevent illness and disease.

Important mantras

Tantra, Mantra, and Yantra are ancient Indian spiritual practices that have been used for thousands of years to promote personal growth, spiritual development, and physical and mental well-being. These practices are rooted in Hindu and Buddhist traditions and are interrelated, each playing a unique role in the pursuit of higher consciousness and enlightenment.

Tantra is a set of rituals and practices aimed at transcending the limitations of the physical world and achieving union with the divine. Mantra, on the other hand, is the use of sacred words or sounds as a tool for meditation and spiritual growth. Yantra is a geometric symbol or diagram used in meditation and ritual to represent and invoke the presence of a particular deity or aspect of the divine.

Together, Tantra, Mantra, and Yantra form a powerful spiritual trinity that has helped people for centuries to reach higher states of consciousness and improve their physical and mental well-being. These practices continue to be popular today, with many people seeking to deepen their spiritual connections and achieve personal growth through the use of Tantra, Mantra, and Yantra.

Mantras are sounds that have powerful intention, affirming our subtle mind. Chanting regularly helps clear our headspace and creates powerful energies which help us transcend our human limitations.

Mantra, Tantra, and Yantra are three interrelated spiritual practices that have their roots in ancient Indian spiritual tradition. These practices are designed to help individuals connect with the divine and achieve spiritual growth and enlightenment. Mantras are sacred words or sounds that are used to evoke spiritual insights, while Tantra is a set of esoteric practices that aim to awaken the spiritual energy within an individual. Yantra is a symbolic representation of the divine, often depicted as a geometrical

diagram or a visual pattern, and is used to focus the mind and help connect with the divine.

Meaning of Mantra:

A mantra is a powerful word or sound that has been assigned a specific spiritual significance and is believed to evoke spiritual insights and connect with the divine. Mantras are often used in meditation and are repeated either silently or out loud, with the intention of bringing the practitioner into a state of deep concentration and spiritual connection.

Ancient Indians and Direct Manifestation through Words:

In ancient India, the power of words was recognised as having a direct impact on the world around us. Ancient Indians believed that the tone, sound, and frequency with which words were spoken could directly influence the manifestation of events and experiences. As a result, the use of mantras was seen as a way to directly evoke spiritual insights and connect with the divine.

Eastern Civilisation and Mantras:

Eastern civilisations have long relied on mantras as a tool for spiritual growth and enlightenment. Mantras are used in a variety of spiritual practices, such as meditation, yoga, and rituals, and are believed to help bring about a state of inner peace, harmony, and connection with the divine.

Cymatics and the Visual Representation of Sound:

Cymatics is a branch of science that studies the effects of sound vibrations on matter. This field of study has helped us understand the relationship between sound and form, and how different sounds can create different visual patterns.

Correspondence with Ancient Yantras:

One of the most interesting findings of cymatics is that when certain sounds are played, they create visual patterns that are similar to ancient yantras, such as the Shri Yantra. This suggests that these visual geometries are nothing more than a representation of sound and that ancient civilisations may have had a deeper understanding of the relationship between sound and form.

Mantra, Tantra, and Yantra are three interrelated spiritual

practices that have their roots in ancient Indian spiritual tradition. These practices are designed to help individuals connect with the divine and achieve spiritual growth and enlightenment, and they continue to play a significant role in Eastern spiritual traditions today. By understanding the relationship between sound and form, and how different sounds can create different visual patterns, we are able to gain a deeper appreciation for the power of mantras and the role they play in spiritual growth and enlightenment.

So hum (सो हम)

The mantra "So Hum" is written in Sanskrit as सो हम and in Latin as "So Hum." This mantra is considered a powerful tool for meditation and self-realisation. The word "So" is derived from the Sanskrit word "sah," which means "that" or "he." The word "Hum" is derived from the Sanskrit word "hum," which means "I am." When these two words are combined, "So Hum" means "I am That" or "I am the Divine."

The repetition of the mantra "So Hum" is said to help quiet the mind and bring the practitioner into a state of awareness and inner peace. When the mantra is repeated, it is said to create a vibration within the body that helps to still the mind and promote a deep sense of calm. This can lead to greater clarity and insight into one's true nature, leading to a deeper connection to the divine within.

The practice of repeating the "So Hum" mantra can also be combined with pranayama (breathing techniques) and mindfulness meditation. By focusing on the breath and repeating the mantra, the practitioner can access a state of deep relaxation and connect with their innermost being.

Aham Brahmasmi (अहम ब्रह्मास्मि)

"Aham Brahmasmi" is a Sanskrit mantra that translates to "I am Brahman." Brahman is the ultimate reality in Hinduism and is considered to be the unchanging, infinite, and all-pervading consciousness. This mantra is often used in meditation and self-reflection to connect with this ultimate reality and recognise one's

own true nature as being one with the divine.

The mantra is typically repeated mentally or out loud as a form of Japa meditation, with the aim of helping the meditator focus their mind and connect with their inner self. By repeating this mantra, it is believed that one can overcome feelings of separation and duality, and experience a sense of unity and oneness with all that exists.

The health benefits of this mantra include reducing stress and anxiety, promoting inner peace and emotional balance, and increasing self-awareness and spiritual connection. Additionally, the repetitive nature of the mantra can help to quiet the mind and promote relaxation, which can have a positive impact on physical health.

It is important to note that the repetition of a mantra is not just about the words themselves, but also about the intention behind them and the energy that is created through repetition. When repeated with focus and intention, the sound vibrations of the mantra can help to realign and balance the body, mind, and spirit.

Aing (ऐंग)

Aing is a Sanskrit seed syllable or bija mantra associated with the Hindu goddess Saraswati. Bija mantras are one-syllable sounds that are believed to have spiritual power, and are often used in meditation, ritual, and chanting practices.

The sound "Aing" is associated with the Hindu goddess Saraswati, who is the goddess of knowledge, wisdom, and the arts. She is often depicted holding a vina, a stringed musical instrument, and is considered to be the source of all creativity and inspiration.

In tantric and yogic practices, the repetition of the Aing mantra is believed to invoke the divine blessings and grace of Saraswati. It is said to help awaken the knowledge and wisdom within, and to enhance one's skills and abilities in the arts and creative pursuits.

The Aing mantra can be repeated silently or out loud, and can be used in both formal meditation practice as well as in daily life as a

way to connect with the goddess and receive her blessings.

Shivo Hum (शिवो हम)

Shivo hum (Sanskrit: शिवो हम) is a mantra that is used in Hinduism and Buddhism for meditation purposes. The mantra translates to "I am Shiva" or "I am divine." The mantra invokes the qualities of the Hindu god Shiva, such as compassion, peace, and pure consciousness.

In meditation, practitioners may repeat the mantra silently or out loud as a means of focusing their minds and creating a deep sense of inner peace. The tone, rhythm, and vibration of the mantra are believed to have a profound impact on the body and mind, promoting relaxation, reducing stress and anxiety, and increasing feelings of well-being and happiness.

When repeated with devotion and focus, the Shivo hum mantra is believed to awaken the divine within, helping to bring the practitioner closer to their true self and ultimate reality. It is said that this connection with the divine can lead to spiritual growth, self-realisation, and a deeper understanding of the nature of existence.

Om Namo Bhagwate Vasudevay (ॐ नमो भगवते वासुदेवाय)

Om Namo Bhagavate Vasudevaya is a Sanskrit mantra that is widely used in Hinduism and spirituality practices. The mantra is a combination of syllables, "Om" (AUM), "Namo," "Bhagavate," and "Vasudevaya," and is considered to be one of the most powerful mantras in Hinduism.

The mantra is a salutation to Lord Krishna, who is considered to be the incarnation of Lord Vishnu and the preserver of the universe in Hinduism. The mantra is believed to bring peace, happiness, and spiritual enlightenment to those who chant it with devotion and

dedication.

The meaning of the syllables in the mantra is as follows:

Om - It is considered as the most sacred syllable in Hinduism and is considered to be the sound of the universe. It is said to represent the divine consciousness and is used as a prefix for most Hindu mantras.

Namo - The syllable "Namo" means "to bow" or "to offer respect."

Bhagavate - The syllable "Bhagavate" is used as an honorific title for Lord Krishna, meaning "the one who possesses all riches."

Vasudevaya - "Vasudevaya" is another name for Lord Krishna and means "son of Vasudeva."

When chanting the mantra, it is recommended to focus on its meaning and to repeat it with devotion and mindfulness. The chanting of this mantra is believed to bring peace and happiness to the mind, body, and spirit, and to help one connect with the divine consciousness.

Bhajan, Kirtan and Sangh

Bhajan is a form of devotional music that is central to Hindu spirituality and is considered to be a powerful means of invoking the divine. In the Bhagavad Gita, Krishna spoke of the importance of Bhajan as a tool for spiritual growth and connection with the divine.

Krishna encouraged the practice of Bhajan as a way to purify the mind and heart, leading to inner peace and liberation. He spoke of Bhajan as a way to connect with the divine and cultivate devotion, and emphasised that singing devotional songs with a pure heart can bring about spiritual transformation.

Other important Vedic scholars have also stressed the importance of Bhajan in spiritual practice. For example, the ancient sage Narada, known for his mastery of music, encouraged the use of Bhajan as a way to purify the mind and elevate the soul. He spoke of the power of Bhajan to remove impurities from the mind and bring about inner peace.

In addition to its spiritual benefits, Bhajan is also considered to be a form of yoga in its own right. By focusing the mind and heart on the divine, Bhajan helps to bring about a state of inner stillness and peace. This helps to calm the mind, reduce stress and anxiety, and bring about a sense of inner balance and well-being.

Kirtan is a form of devotional music that is widely practiced in Hinduism and other Indian spiritual traditions. It involves singing hymns, mantras, and devotional songs in a call-and-response format, often accompanied by musical instruments such as the harmonium, tabla, and cymbals.

Kirtan has been considered to be an important spiritual practice for centuries due to its many benefits. It is believed to have a profound impact on the mind, body, and spirit, helping to calm the mind, reduce stress and anxiety, and bring about a sense of inner peace and well-being.

In Hinduism, Kirtan is considered to be a powerful tool for connecting with the divine and invoking divine grace. By singing devotional songs with a pure heart, practitioners are believed to cultivate devotion and bring about spiritual transformation. The repetitive chanting of mantras and devotional songs is said to help purify the mind and open the heart, leading to a deeper connection with the divine.

In addition to its spiritual benefits, Kirtan is also considered to be a form of yoga in its own right. Through the practice of Kirtan, practitioners are able to focus the mind and heart on the divine, helping to bring about a state of inner stillness and peace. This, in turn, helps to calm the mind, reduce stress and anxiety, and bring about a sense of inner balance and well-being.

In the Bhagavad Gita, Krishna, an incarnation of Lord Vishnu, spoke about the concept of Sangha to his disciple, Arjuna. The term "Sangha" refers to the community of spiritual seekers who come together to support one another in their journey towards self-realisation.

Krishna encouraged Arjuna to seek out a community of like-minded individuals who are dedicated to the pursuit of truth and spirituality. He stressed the importance of having a support system in this journey, and the positive impact that association with such individuals can have on one's spiritual growth and development.

Krishna also spoke about the benefits of being part of a Sangha, such as receiving guidance and inspiration from others, being able to share experiences and knowledge, and finding encouragement and support during difficult times. He emphasised that being part of a Sangha helps one to maintain focus on one's spiritual goals and provides a sense of belonging and connection.

In the Bhagavad Gita, Krishna encouraged Arjuna to find a community of like-minded individuals who are dedicated to the pursuit of truth and spirituality, as being part of a Sangha can greatly aid one's spiritual journey. The teachings of Krishna in the Gita about the importance of Sangha continue to be relevant for spiritual seekers today.

It is my privilege to introduce to you a master of the art of music, a master of the spirit, and a master of the self - Ankit Srivastava, better known by his nom de plume, "Naadi". This luminary of the world of spirituality, music, and yoga.It was not until he ventured into the serene Himalayas, in search of knowledge and enlightenment, that he truly discovered his true calling. Through his extensive research and exploration, Naadi came to understand the unrivalled power of music, as taught by the wise yogis in the mountains. And it was through his studies in Kundalini Yoga that he came to truly comprehend the role of music in transforming the self. Today, Naadi is the proud proprietor of his own yoga studio in Rishikesh, where he shares his knowledge and teachings of Naad Yoga Sadhana. And, as if this were not enough, he also runs his own music label and studio, producing divine sounds that uplift the soul and soothe the spirit.

"MUSIC IS NOT MERELY A MEANS TO AN END, A WAY TO APPEASE OR INGRATIATE ONESELF WITH THE DIVINE. NOR IS IT SIMPLY A CONDUIT FOR CONNECTING WITH THE SACRED. RATHER, MUSIC IS AN EMBODIMENT OF THE DIVINE, A GIFT FROM THE UNIVERSE THAT HOLDS IMMENSE POWER. IT HAS THE CAPACITY TO HEAL EVEN THE MOST SHATTERED PIECES OF A PERSON'S SOUL, TO ALLEVIATE PHYSICAL AILMENTS AND PROMOTE WELLNESS. MUSIC HAS THE ABILITY TO INSPIRE INDIVIDUALS TO ADOPT HEALTHIER LIFESTYLES AND BRING BALANCE TO THEIR DOSHAS, ALIGNING THE MIND, BODY, AND SPIRIT. TRULY, MUSIC IS NOT JUST A PATH, BUT IT IS THE VERY ESSENCE OF THE DIVINE, A TRANSCENDENT FORCE THAT ELEVATES THE HUMAN EXPERIENCE TO NEW HEIGHTS." - NAADI

YOGA OF SOUND

NAAD YOGA

BY NAADI